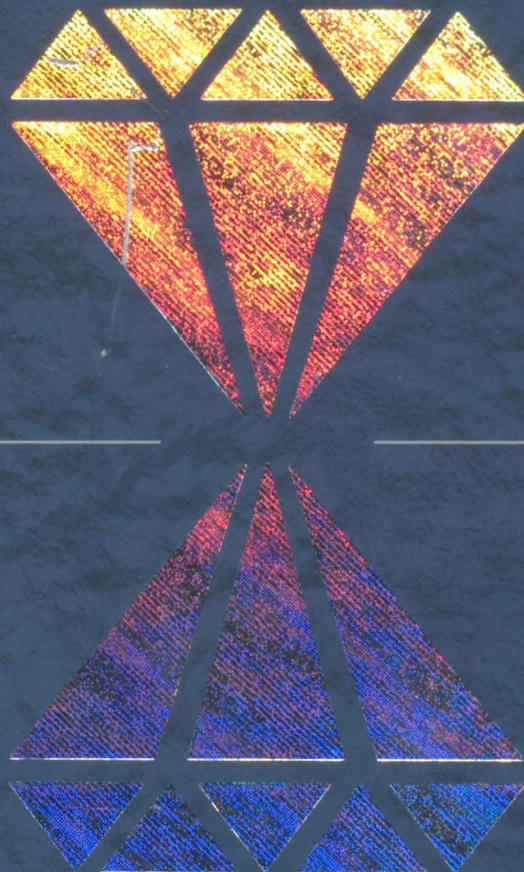
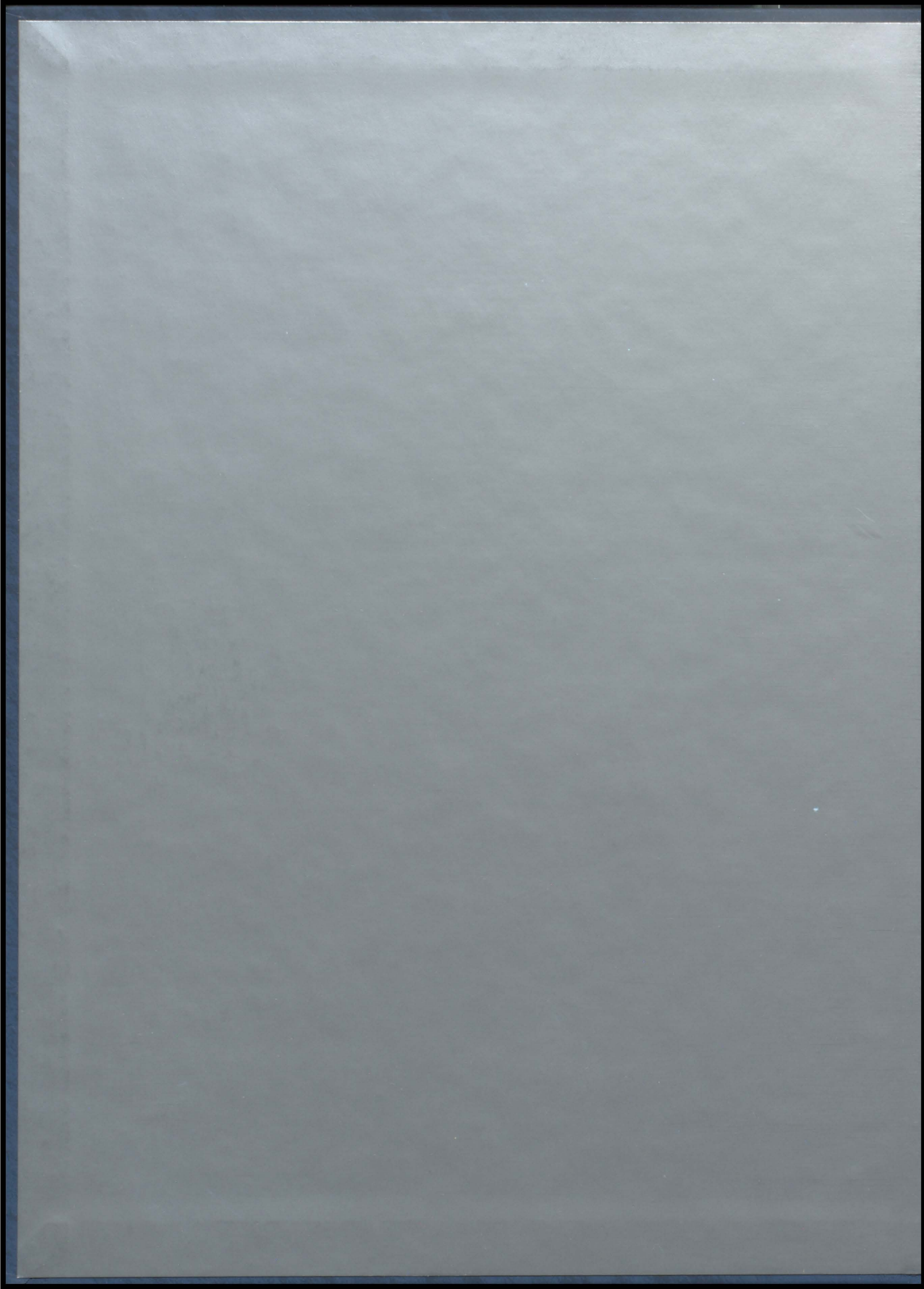


delphian 2019 ←

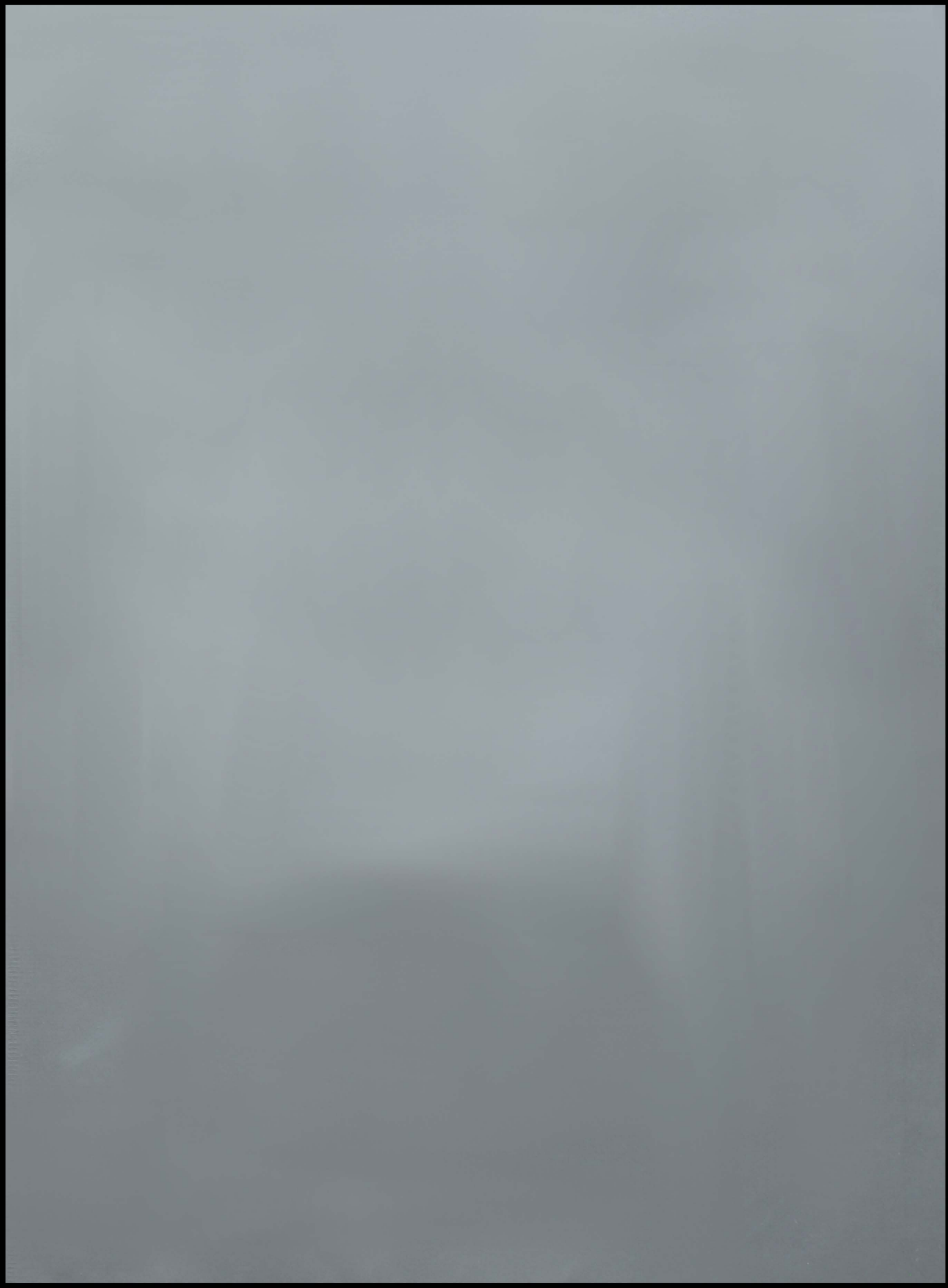


Then  
and  
**NOW**















PARAMUS HIGH SCHOOL

**60<sup>th</sup>**  
*edition*

C L A S S   O F   2 0 1 9

## CONTENTS

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◆	Seniors	32-33
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▶ **Then & Now** ◀



# THEN



To commemorate the diamond anniversary, we celebrate Then & Now. This is your **NOW**, but soon, it will be your **THEN**. Flipping through the worn pages of yearbooks gone by, you see: familiar faces which have stood the trials of time, names long since forgotten, and the sometimes questionable fashion trends of the past decades. We hope current students reflect on the past and how much has changed, but also look at where they are **NOW** and consider the possibilities of the future. You are here in the present, reflecting on the past. This is an ongoing experience we all will have. There are memories we can all remember from our high school years. Some of these memories and friendships are ones that will last a lifetime, but the time has finally come to graduate. Some will go on to college, some to the military and some may not know what the journey ahead holds. Regardless of your path, we have all grown into young adults who are ready for the future. It is important to reflect on who we were **THEN** and who we **NOW**. Remember the fond memories that you have made within these walls, remember the ups and the downs, remember your friends and your teachers. No matter how many graduates have come and gone, every single person has left a mark on PHS. With all that has happened over the past 60 years, the sky is the limit for the next 60. The 60th edition volume of the Delphian and the memories it holds will not be forgotten as time goes by.

- Talia Gerardi,  
Matt Giannella, and  
McKenna Leckey



Paramus



2019



“LEARN from the past, **LIVE** in the present,  
**BELIEVE** in the future”





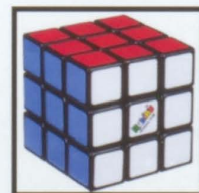
# FACULTY & STAFF



## 1970's and 1980's Trends



The show "The Brady Bunch" premiered



The Rubik's Cube was all the rage



The game "Simon" was invented





Whether you are a veteran teacher, such as Michele McKenzie, teaching at PHS the longest, or the newest member of the faculty, Nelson Kelly, when you become a teacher, you sign up for a lifetime of adventure. Each day brings a new challenge, a new joy, and a new experience; no two days are ever the same. Each teacher has the unique opportunity to take their student from **Then** to **Now**, and inspire all students to develop a love of Paramus, a love of learning, and a love of the world. It is thanks to the PHS faculty & staff that we have been able to grow and are prepared for our adventures ahead.



Cabbage patch dolls were created



The movie "Ghostbusters" was released



The band "Bon Jovi"

**Decades Worth Remembering**

# Administration



# Faculty & Staff



**Dr. Michele Robinson**  
Graduation year: 1981

Congratulations Class of 2019. Looking ahead to your future, it is time to take all that you have learned from your teachers, family, friends and even strangers and head confidently into the next phase of your life's journey. Look back on your time here in Paramus with fondness knowing that your community cares about you and believes you have everything it takes to reach your goals. On behalf of the Paramus Public Schools, I wish to you all our most heartfelt congratulations.

Sincerely, Dr. Michele Robinson, Superintendent of Schools



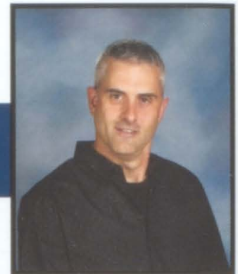
**Sean Adams**  
Graduation year: 1996



**Dr. Alfredo Aguilar**  
Graduation year: 1996



**Carla Alvarez**  
Graduation year: 1985



**Steven Campbell**  
Graduation year: 1994



**Dara Carr**



**Margaret Damiano**  
Graduation year: 1983



**Christine Diaz**  
Graduation year: 1992



**Timothy Donohue**  
Graduation year: 2000



**Mattea Field**



**Tiffany Goodson**  
Graduation year: 1988



**Robert Lehmann**  
Graduation year: 2002



**Thomas Montuori**  
Graduation year: 1998

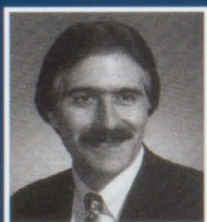


**Louis Natalo**  
Graduation year: 1971



**Donald Roll**  
Graduation year: 1982

**Then**



**Louis Natalo**  
1998

**& Now**



**Raymond J. Kiem**  
Graduation year: 1988

It is with sincere admiration that I offer my congratulations to the class of 2019. Although a very significant time in your life has now come to a conclusion, trust me when I tell you that the best is yet to come. You have been prepared by your teachers to tackle this next phase of your life with confidence and enthusiasm. My advice is this: try new things, challenge yourself, engage with unique people, don't be satisfied with the status quo, and most of all, rely on the experiences you have had here at PHS to guide you through young adulthood. I assure you the lessons you have learned here will translate effectively into the new and exciting world that awaits you.

As you move beyond the halls of PHS, please note that your legacy is intact. Regardless of where your travels take you, you will always have a home at Paramus High School. It was an honor to have been your Principal.

With Spartan Pride, Mr. Raymond J. Kiem

# ADMINISTRATION

2019





**Board of Education**

President William F. Holzmann, Vice President Bernadette McCausland, Joanne Bergmann, Melissa Caminiti, Lisa Cassesa, Alison Donoghue, Anthony Feorenzo, Jr., Elisa Giblin, and Patricia Kim



**Central Office & Pupil Services Staff**

Susan Anzano, Lynda Ariyan, Mary Blum, Giovanna Cangiamila, Vanda Esposito, Damari Paddah, Hilda Gabriel, Clare Gorek, Betty Herlinsky, Barbara McCormick, Judith Messmer, Linda Pesa, Kathleen Riebesell, Zoya Roginskaya, Susan Russo, Carol Salisbury, Ruth Smith, and Marianne Stellato



**Cafeteria Staff**

Angela, Melva, Rosa, Felicia, Idah, Janice, Jace, Kaitlyn, Kathleen, Denise, Marge, Edie, Dina, Janine, and Chris



**Buildings & Grounds**

Jeffrey Cesarano, Bridget Daleo (Asst. to Director of B&G), Anthony Dalessio, Dylan Debenedetto, Eric Endresen, Vincent Gruppiso, Charles Keller, August Mitschke, Gary Mullay, Jeffrey Osborne, Jason Rogers, Paul Rollins, Brandon Schmidt, and Ralph Woods



**Custodians**

Levon Arakelian, Emin Bajramoski, Matthew Barbagallo, David Baron, Ronald Boccia, Stephen Crandall (Evening Foreman), Taras Fedak, Aleksander Gjika, Abdul Hai, Mohammed Hussain, Daniel Knipe (Head Custodian), Lawrence Meyers, Petro Polo, Marlon Reyes, Taylor Schisani, Rodrick Smalling, Arben Turku, Refat Dokaj, and Nurul Islam



# Faculty & Staff



**Transportation**

Diana Aristizabal, Gisela Aultmon (Coordinator), Amy Azzolino, Willie Buckingham, Beatriz Cordoba, Christopher Delmastro, Dominga Fermin, Patricia Fusco, Bernard Gemelli, Alexander Gonzalez, Delfi Gonzalez, Eileen Herndon, Pedro Liranzo, Benjamin Murphy, Patricia Oguje, Ingrid Perez, Paul Piccione, Joyce Rico, Annette Rodriguez (Asst. Coordinator), Nicholas Tarabocchia, Nicolina Tarabocchia, Lois Tedesco, Vleana Torres, Rina Uva, Jesus Valencia, Calvin Koenig, and Nieves Vasquez

## Then



**Secretaries**  
1964

## & Now

2019

# STAFF



# Faculty & Staff



**Kerri Afromsky**  
Graduation year: 2001



**Amy Amabile**



**Rob Banks**  
Graduation year: 1986



**Kevin Glaser**  
Graduation year: 1999



**Ari Hitron**



**Matthew Kingsley**  
Graduation year: 1988



**Lucy Moulton**  
Graduation year: 1993



**Kimberly Picciano**  
Graduation year: 2008



**Marie Quintano**  
Graduation year: 2008



**Tania Regalbuto**  
Graduation year: 2002



**Victoria Rice**  
Graduation year: 2002



**Rob Banks**  
1996



**Kimberly Treboski**



**Amanda Zaucha**  
Graduation year: 2005

**& Now**

# MATHEMATICS

2019



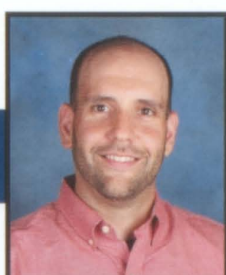
**Juliana Barbaro**  
Graduation year: 2004



**Margaret Campbell**  
Graduation year: 1989



**Lauren Corcoran**  
Graduation year: 1981



**Joseph Gencarelli**  
Graduation year: 1998



**Nicole Ives**  
Graduation year: 2000



**Gina Mariano**  
Graduation year: 1997



**Melissa Meyers**  
Graduation year: 2002



**Shannon Moran**  
Graduation year: 1995



**Ashwini Reddy**  
Graduation year: 1994



**Heather Russo**  
Graduation year: 1994



**Daura Schucker**  
Graduation year: 1986



**Joe Traina**  
Graduation year: 1994



**Sandy Vanderzee**  
Graduation year: 1998



**Then**



**Daura Schucker**  
2004

**& Now**

**COUNSELING**

**2019**



# Faculty & Staff



**Rachel Antler**  
Graduation year: 2001



**Christine Burt**  
Graduation year: 1988



**Amanda Faley**  
Graduation year: 2007



**Michelle Fernandes**  
Graduation year: 1992



**George Gallagher**  
Graduation year: 1989



**Katherine Giannis**  
Graduation year: 1997



**Ellen Grzymkowski**  
Graduation year: 2002



**Christie Hay**  
Graduation year: 1994



**Michele McKenzie**  
Graduation year: 1978



**Adrienne Moe**  
Graduation year: 2006



**Darrel Norrell**  
Graduation year: 2005



**Sherie Piniella**  
Graduation year: 1986



**Yasmine Rana**  
Graduation year: 1989



**Michele McKenzie**  
1990



**Michele Sarnoski**  
Graduation year: 1998



**Kristina Southgate**  
Graduation year: 2004

**& Now**

# ENGLISH

2019





**Stephanie Adams**  
Graduation year: 1998



**Ted Evans**  
Graduation year: 1986



**Milton Velez**  
Graduation year: 1982



**Jacqueline Crago**  
Graduation year: 1979



**April Dinallo**  
Graduation year: 1996



**Carolyn Piquero**  
Graduation year: 1979



**William Aspe**  
Graduation year: 2006



**Elisabetta Bertin**  
Graduation year: 1980



**Costanza E. Campagna**  
Graduation year: 1992



**Kim Lauzon**  
Graduation year: 1975



**Katty Lee**  
Graduation year: 1998



**Michele Limbacher**  
Graduation year: 1989



**Ching Hong Lin**



**Laritza Lorenzo**  
Graduation year: 2003



**Lisa Russino**  
Graduation year: 1993

**Then**



**Kim Lauzon**  
2000

**& Now**

**2019**

**BUSINESS/WL/ECC**



# Faculty & Staff



**Debbie Andres**  
Graduation year: 2011



**William Barlettano**  
Graduation year: 1987



**Kevin Graves**  
Graduation year: 1996



**Frances Hawiszczak**  
Graduation year: 1996



**Sarah Jost**  
Graduation year: 2001



**Steven Klass**  
Graduation year: 1994



**Tara Mamone**  
Graduation year: 1989



**Kristen Morin**  
Graduation year: 2004



**Gary Pearl**  
Graduation year: 1976



**Jade L. Pinheiro**  
Graduation year: 2011



**Kinga Polgar**  
Graduation year: 2003



**Maggie Touloughian**  
Graduation year: 1984

**Then**



**Gary Pearl**  
1993

**& Now**

# SCIENCE

2019



**David Allocco**  
Graduation year: 1998



**Michael Brewer**  
Graduation year: 1997



**Michael DeLuca**  
Graduation year: 1987



**Norah Diliberto**  
Graduation year: 1993



**Alyssa Finizio**  
Graduation year: 2013



**Marc Jenkins**  
Graduation year: 2005



**Nelson Kelly**  
Graduation year: 2014



**Barbara Kondratowicz**  
Graduation year: 1989



**Ashley Robbins**  
Graduation year: 2001



**Jerry Somma**  
Graduation year: 1997

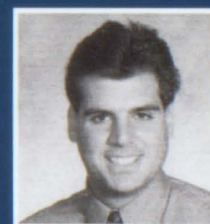


**Nancy Strumwasser**  
Graduation year: 1991



# SOCIAL STUDIES

**Then**



**Michael DeLuca**  
1994

**& Now**

**2019**



# Faculty & Staff



**Maria Elena Bellinger**  
Graduation year: 1989



**Howard Blackwood**  
Graduation year: 1998



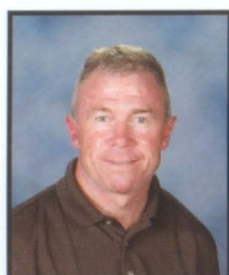
**Constance DeJoseph**



**Brian Doyle**  
Graduation year: 2000



**Brian Hay**  
Graduation year: 1989



**Paul Higgins**  
Graduation year: 1987



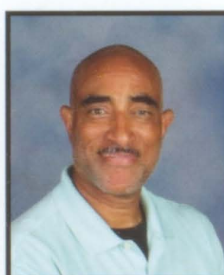
**Kelly Lyons**  
Graduation year: 2006



**Jonathan Morrisette**  
Graduation year: 1995



**Stephanie Murri**  
Graduation year: 1991



**Bill Whitney**  
Graduation year: 1974



**Jessica Hansen**



**Daniel O'Brien**  
Graduation year: 2005



**Bill Whitney**  
1994



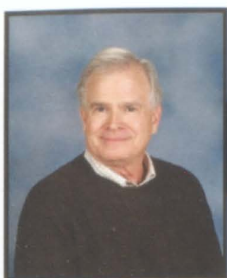
**Nick Pampoloni**



**Rebecca Richardson**

# PHYS ED/VISIONS

2019



**Leigh Brown**  
Graduation year: 1974



**Nicole Cascione**  
Graduation year: 2008



# Faculty & Staff



**Patricia Collister**  
Graduation year: 1985



**Dennis Dalelio**  
Graduation year: 1994



**Mark J. Donellan**  
Graduation year: 1994



**Mike Ferrari**  
Graduation year: 1997



**Bob Gizzi**  
Graduation year: 1996



**Bryan Gorski**  
Graduation year: 1994



**Johanna Jimenez**



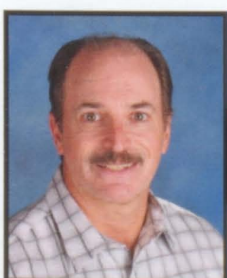
**Mary Ellen Lavin**  
Graduation year: 1977



**Robert Levinsohn**  
Graduation year: 1991



**Claudine Ranieri**  
Graduation year: 1985



**Jeremy Westhaver**  
Graduation year: 1984



**Judy Wilkes**  
Graduation year: 1982

**Then**



**Mary Ellen Lavin**  
1991

**& Now**

**2019**

# THE ARTS



# Faculty & Staff



**Linda Amorese**  
Graduation year:  
1976



**Randa Aradi-Abwini**  
Graduation year: 1981



**Tara Banuls**  
Graduation year:  
1992



**Elizabeth Budianto**  
Graduation year: 1989



**Sophie Choi**  
Graduation year:  
1990



**Elizabeth Del Mastro**  
Graduation year:  
1986



**Sonia Derrico**  
Graduation year:  
1980



**Dencha Duman**  
Graduation year:  
2004



**Saly Gergis**



**Dawn Joy**



**Joanne Kapr**



**Antoinette Loftiss**



**Linda Nikrouz**  
Graduation year:  
1998



**Brianne Parry**



**Shereen Rachko**



**Sandra Rembecky**  
Graduation year:  
1987



**Natalie Scarano**  
Graduation year:  
1983



**Irene Tadros**



**Kathleen Thomson**



**Shereen Wedyan**



**Valerie Wohner**



**Christina Zaggia**  
Graduation year:  
2009



**Magdalena Zgoda**



**Cheryl Avagnano**  
Graduation year:  
1998



**Daryl Bagnuolo**  
Graduation year:  
1987



**Officer Lou Cardone**  
Graduation year: 2001



**Glenn Doughty**  
Graduation year:  
1979



**Gary Goldberg**  
Graduation year:  
1970



**Bob Hirsch**  
Graduation year:  
1979

**Then**



**Sammy the Spartan**  
2002

**& Now**

# AIDES/SCHOOL STAFF



# Faculty & Staff

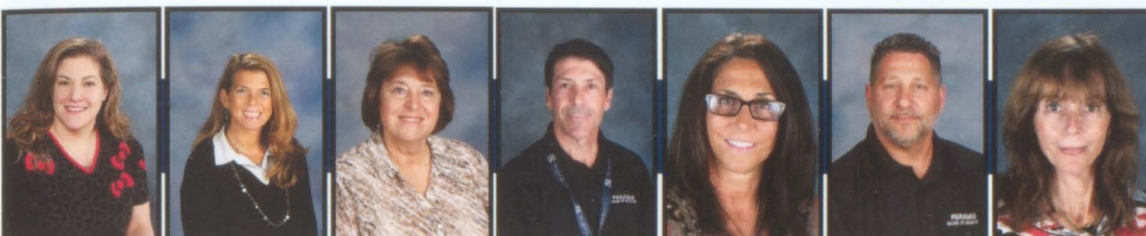


**John Hovsepian**  
Graduation year:  
1959

**Ellen Jay**  
Graduation year:  
1980

**Colleen Joyce**  
Graduation year:  
1992

**Stacey Muir  
Lespinasse**



**Lisa Lottermann**  
Graduation year:  
1992

**Charmaine  
Macchione**

**Mary Lou  
Madison**  
Graduation year:  
1972

**Kurt Massey**  
Graduation year:  
1978

**Maria Mattushik**  
Graduation year:  
1993

**Richard  
Menhinick**  
Graduation year:  
1993

**Celina Mintz**  
Graduation year:  
1978



**Carol Mosquera**  
Graduation year:  
1992

**Marianne Muller**

**Jennifer Rafferty**  
Graduation year:  
1982

**Mary Stanislaw**  
Graduation year:  
1974

**Adam Ahmad**

**Elizabeth Karnitski**  
Graduation year:  
1990

**Christopher Lee**  
Graduation year:  
1996

**Stephen  
Lockwood**  
Graduation year:  
2000



**Christine  
McLaughlin**  
Graduation year:  
2007

**Vince Nardo**  
Graduation year:  
1978

**John Nolan**

**Marlaina  
Postolakis**  
Graduation year:  
2006

**Kay Rosenberg**

**Adam Satkowski**



**Mr. Schorling**  
Graduation year:  
1988

**Adam Schreiber**  
Graduation year:  
2003

**Amanda Studt**  
Graduation year:  
2007

**Emanuel David  
Weinstein**  
Graduation year: 1978

**Then**



**Vincent Nardo**  
1997

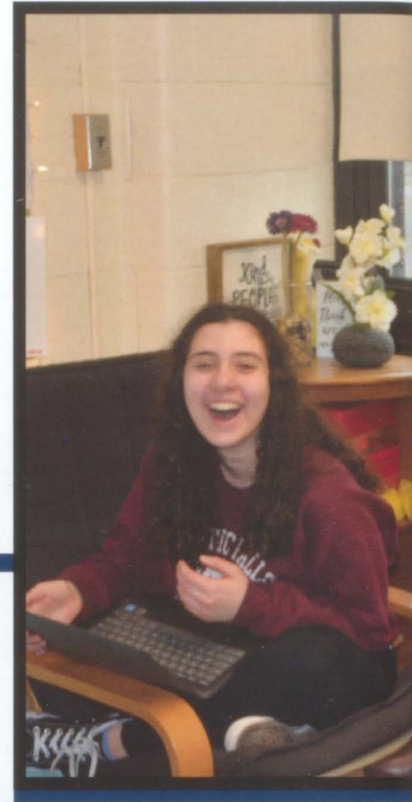
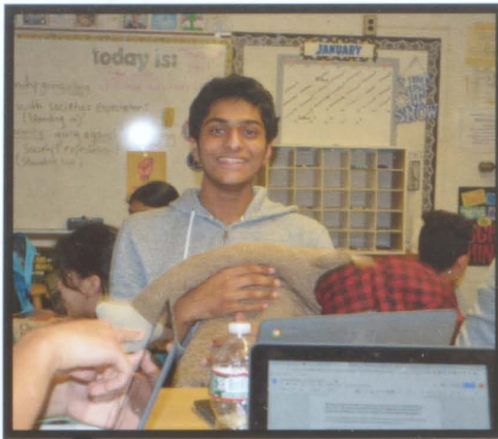
**& Now**

# SPECIAL EDUCATION

2019



# UNDERCLASSEN



## 2002- 2004 Trends



Crocs Came Out



"Harry Potter and the Chamber of Secrets" was released

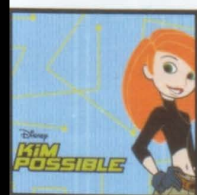


The Killers wrote "Mr. Brightside"





These are the days you'll remember. Walking into high school for the first time, being shoved around in the horrible intersection, and making new friends. High school is the time to find yourself, the person you want to be **Now**, and looking back fondly on who you were **Then**. As freshmen, all the seniors look so old, so big, so scary, but as each year passes fleetingly by, you find yourself growing along with everyone else. Sooner than you realize, you have grown out of your underclassmen years, and are moving on in the world. Grow old, but never grow up. Always remember that you will have a home at PHS.



"Kim Possible" premiered



Facebook was invented



Frosted tips were all the rage

**The Years We Were Born**

**2020-2022**



# Parents & Staff who went to PHS



Robert Schatz  
Class of '83



Tammy Weishaupt  
Class of '86



Michael Godleski  
Class of '80



Nicholas  
Abbatiello



Tyler  
Abbatiello



Kristen  
Afacan



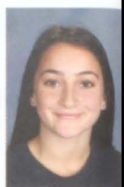
Talin  
Agabap



Zainab  
Ahmadi



Liam  
Amaro



Jillian  
Anderson



Maya  
Ansari



Aliya Aqeel



Leana  
Arabian



Jenna  
Arnone



Adriana  
Arrigo



Andrew  
Arrigo



Angelique  
Attieh



Nicholas  
Avagnano



Maya Azar



Muzammil  
Bajwa



Sharina  
Bakht



Marissa  
Baltazar



Olivia  
Balwas



Rebecca  
Bang



Riley  
Barbalat



Daniel  
Baron



Angelo  
Bartolomeo



Mason  
Bellinger



Tav Ben-  
Shoan



Jason  
Bethke



Ashley  
Blythe



Corson  
Bopp



Talar  
Boyadjian



Sara  
Brzovski



Alexis  
Buccola



Kerra Burns



Logan  
Burrows



Alex  
Cabrera



Liam  
Calrow



Joseph  
Campbell



Kevin  
Carmichael



Abelardo  
Cartagena



Luke  
Casallas



Alexandra  
Cassella



Ellexa  
Catello



Sophia  
Chau



Kevin  
Chaudhary



Sajandeep  
Cheema



Shriya  
Cheeti



Amalia  
Cherba



Jonathan  
Cherba



Sofia  
Cherba



Eric  
Chernichaw



Brittany  
Chester



Caitlin  
Chin



Isabella  
Choi



Rebecca  
Choi



Emily  
Chung



Mary  
Clark



Delaney  
Collins



Peter  
Colombo



Isabella  
Confino



Ziara  
Corporan



Paris  
Correa



Karina  
Cotter



Katelyn  
Cox



Mackenzie  
Cullen



Luis  
Cunha



William  
Damato



Naji  
Darwiche



Jaclyn  
Dellapesca



Jason  
DePalma



Het  
Desai



Raelin  
DeSanto



Sara  
DiLorenzo



Sofia  
DiStefano



Lukas  
Dlabal



Nicholas  
Dotti



Madison  
England



Isabella  
Fernandes



Matthew  
Ferrante



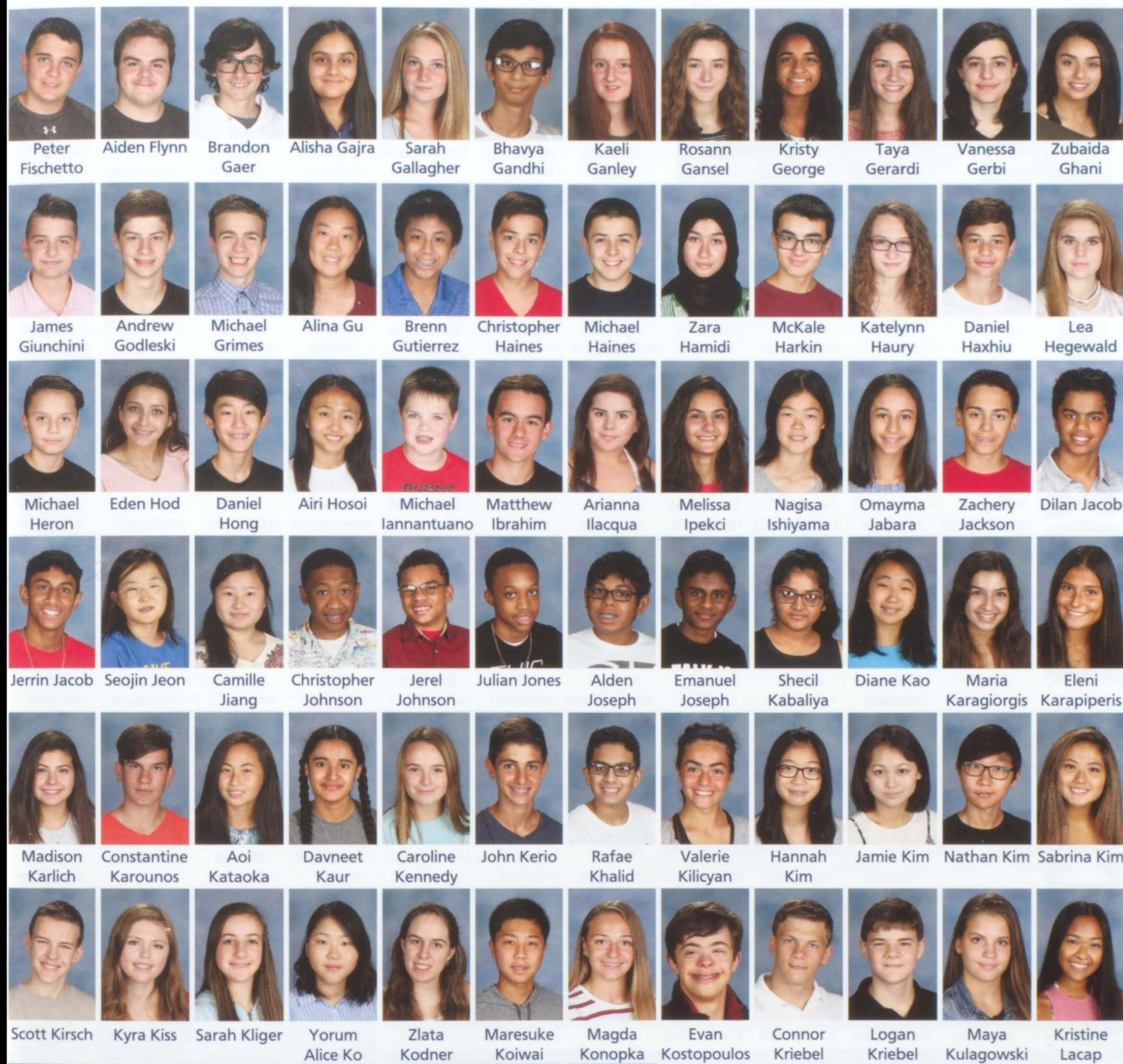
Jared  
Ferrara



Matthew  
Field

# FRESHMAN CLASS OF 2022





## Parents & Staff who went to PHS



Colleen Joyce  
Class of '92



John Tabor  
Class of '89



Lisa Edson  
Class of '88



# Parents & Staff who went to PHS



Kerri Afromsky  
Class of '01



Francis Ciambone  
Class of '85



Jon Morrisette  
Class of '95



Julianna  
Livolsi



Katelyn Liz



Shaan Louis



Emily Luh



Gabriel  
Macias



Eisa  
Mahmood



Christopher  
Mandara



Nicholas  
Mania



Cassandra  
Maria



Lea Marra



Daniel  
Marte



Stephon  
Martin



Bryana  
Martinez



Megan  
Martorano



Zeyad  
Mashaaallah



Lea  
Mathew



Keith  
McCausland



Samantha  
McDevitt



Daniel  
McIntyre



Michael  
Mejia



Samantha  
Mendoza



Boden  
Mengersen



James  
Miaoulis



Matthew  
Mocerri



Yasamin  
Moghani



Jordon  
Molano



Madison  
Molano



Chloe  
Morato



Natalie  
Morell



Ghani  
Muhammad



Robert  
Muller



Brandon  
Myack



Dylan  
Nahas



Anushka  
Nair



Melissa  
Nanotkar



Peter Nasto



Jake Natale



Victor  
Nguyen



Michael  
Nizborski



Ashley  
Normandia



Mark  
Nyevegen



Julia Oliveri



Elisa  
Ommen



Fina O'Neill



Ethan  
Ownes



Elif Ozen



Cassie  
Pagnozzi



Andrew  
Park



Isaiah Park



Justin Park



Yoona Park



Anton  
Passarelli



Om Patel



Rohan  
Patel



Carolina  
Perez



Ava  
Pettineo



Christiano  
Plaza



Maegan  
Pluchino



Alyssa  
Puentes



Sara Pusz



Fatima Qira



Andrew  
Quinones



Navid Raimi



Ryan  
Ramcharran



Nahreg  
Rastguelenian



Jaime  
Reimundo



Jordan  
Reiss



Nicholas  
Rennar



Michael  
Renzulli



Julie Ann  
Ribeiro



Stephen  
Roberts



Darlene  
Rodriguez



Freddy  
Rodriguez



Sophia  
Rodriguez



Brandt  
Rohdieck



Nicholas  
Roselli



Matthew  
Russo



Hyungwoo  
Ryu



Emily Saito



Mike Salas

## FRESHMAN CLASS OF 2022





Danyia Saleh Christina Salemme Karanbaaz Sammewali Isabela Sanchez Maral Sarafian Nagomi Sasahara Motomu Sasho Nicole Scalera Joseph Scardino Mila Schultz Rhianna Sewall Ish Shah



Isha Shah Rida Shaikh Thomas Sheridan Kyle Shyy Jenna Sigman Gurtegh Singh George Sirichartchai Madisen Stearns Joseph Stepanian Daniel Su Hyewon Sung Daniel Sutcliffe



Derek Sutcliffe Aoto Takemura Nao Terashima Nicolette Thayer Jake Thistle Allwyn Thomas Nichole Thomas Haruna Tomiyasu Matthew Torcivia Olivia Triola Klaid Uka Sebastian Valencia



Bianca Valente Antonio Valentino Kylie Vansciver Tony Varghese Alex Varjabedian Jordan Weisinger Gianna Wicker Alexis Williams Emma Wiser Garret Wishnick Maya Wisniewski Christopher Worden



Hannah Yang Clara Yoo Iris You Alyssa Young Lea Zotollo Jeremy Zuniga

# CANDIDS



## What we wish we knew as freshmen

- ▶ "Don't waste time. Make the most out of every single day." - Thomas Montuori
- ▶ "Pay attention in class more while having fun." - Idia Ogonyinka
- ▶ "Don't stress the small stuff, and enjoy a fun year!" - Melissa Meyers
- ▶ "What is right is not always popular and what is popular is not always right." - Marlaina Postolakis
- ▶ "Take advantage of everything life has to offer." - Mary Ellen Lavin





# Parents & Staff who went to PHS



Anthony Feorenzo  
Class of '80



Maria Elena Bellinger  
Class of '89



Craig Burrows  
Class of '88



Maryam Ahmadi



Noor Ahmed



Johnathan Akdemir



Rebecca Akdemir



Haruna Akiyama



Michael M Akroush



Madison Alaimo



Scott Alessio



Maher Alhaj



Kiera Allen



Charlton Alonso



Caitlyn Alonzo



Aidan Amaro



Caitlyn Andersen



Demetri Antoniou



Suzette Antony



Anthony Aragona



Sebastian Aristy



Sabrina Avakian



Alexandra Aydin



Aaron Ayzerov



Antonio Balducci



Maria Banoub



Elio Bardho



Samay Bayat



Tyler Behnke



Angelina Belbol



Matthew Bender



Ian Jacob Berger



Jorge Bermudez



Renee Bernabe



Dean Beyer



Amirah Bhatti



Justin Brady



Jon Eric Burger



Meili Burnett



Damian Cacciato



Maiza Camargo



Cristian Canillas



Aidan Capan



Nicole Caruso



Corey Allan Casamento



Jeffrey Casanova



Daniel John Casey



Katelin Casiano



Chelsea Y Chun



Erica Chung



Lascelles Chung



Steven Ciambrone



Zachary Adam Clark



Logan Scott Connolly



Richard Conte



Ally Cooper



Jad Darwiche



Samantha De La Cruz



Alexander De Lumen



Sonia Deb



Nicholas Dellapasca



Shelby Laya DeMaio



Jenna DeNicolo



Nicholas DeRobertis



Brielle Distler



Brooke Distler



Anthony Dogan



Isabella Does



Emily Jill Dowiak



Michael Ryan Doyle



Joseph Driscoll



Katelyn Edelbach



Anthony Egbert



Ani Hannah Ekmekjian



Jibril Elaila



Dean Omar Elakoush



Victor Estwick



Brandon Carlo Falen



Michael Feorenzo



Antonio Fernandes



Victoria Ferreira



Natalie Finnedt



Andrew Flores

## SOPHOMORE CLASS OF 2021





Keziah Franks Thomas Franson Kristin Frengul Chery Gada Isabella S Gallipoli Nicholas Gallucci Sabrina Gatti Brandon Gee Edwin K George Liamarith Gil Ryan Eric Gilmartin Muthoni Githinji



Nicole Guidetti Jason Guo Ibraheem Habehh Ashley Hackel Anthony Hansen Rayan Harfouche Jeremy Harris Stephanie Havatian Derek Heim Adrian Hisona-Espino Andrew Ho Crystal Holecvicki



Nicole Hom Thomas Hroncich Olena Hryvnak Anthony Huang Alaa Hussein Lauren Hyun Steven Iannone Usmaan Ilyas Helen Ipekci Suzu Ishibuchi Ward Jabara Fares Jaber



Jessica Janakiraman Esther Nuri Jang Irene Jang Abigayle Johnson Aidan Jones Matthew Owen Joyce Ayame Kamata Sujene Kang Christopher Karim Frederic Kates Rajandeep Kaur Haddy Kebbeh



Mikayla Kelleher Ashley Kennedy Muneeb Khateeb Daniel Ivan Khrapko George Kilajy Daniel Kim Garvin Kim Hojin Kim Laura Jeeyin Kim Rachel D. Kim Emily Rae Klein Aditi Kokra



Tanish Kothari Kathryn Koutros Jennie Koutsouras Nicole Kravitz Brigitte Kuder Makayla LaBode Julianna Lalomia John V. LaMothe Alexi Y Lee Andrew Lee Julia Hayne Lee Michael Lee



Tristan Eun Kyu Lee Elana Lepishina Brooke Lesser Sophia Ladd Lillo Ashlee Limbacher Michael Lin Blerta Lita



Catherine Madan Joseph Mancuso Joseph Mandara Ryan Marton Jake John Mattessich Ma'Qai Mayes Justin McAleer

## Parents & Staff who went to PHS



Michael Rennar  
Class of '89



Rachel Antler  
Class of '01



Roy Asking  
Class of '80



# Parents & Staff who went to PHS



Rafael Mousserie  
Class of '90



Salvatore LaFerlita  
Class of '88



Pamela Schwartz  
Class of '81



Riley McAvoy



Ryan McElroy



Ashley McKenna



Chas Mees



Samay B Mehta



Rachel Meli



Uzair Memon



Emma Meo



Tara Lynn Meyers



Sophia Migliaccio



Gabriela G Miloskeska



Ariella Molina



Agnese Montemarano



Abigail Moon



Joseph Moran



Corrado Morsella



Agan Mrkusic



Anthony Mundanchira



Kathryn Murray



Elana Mutnick



Stefan Mychalko



Matthew Na



Thomas Nashed



Todd Natale



Kajol Nedumalayil



Blerta Neza



Ari Norona



Whitney Obiorah



Jack Leland Odum



Joseph Oliveri



Carter Om



Brendan O'Reilly



Angela Ospina



Alyssa Panagia



Kalliopi Pantazis



Anthony Park



Ellie Park



Laura Park



Danielle Pascual



Joseph Pasquino



Nico Pasquino



Arth Patel



Hari Patel



Meet Patel



Sagar Patel



Shlok Patel



Shreya Patel



Christopher Patti



Reva Pavithran



Salvatore J Pecoraro



Hendry Perez



Kelly Ann Piccinich



Lauren Piccininni



Natalie Porto



Chris Pozo



Meaghan Prisendorf



Logan Puentes



Steven Ramzi



Lindsay Renn



Alyssa Reynoso



Gregorio Rivera



Sarah Rocha



Chelsea Rodriguez



Christopher Rogalny



Gabriella Rosario



Alan Rosenberg



Sheymaa Lutfi Saleh



Nicholas Salvemini



Miloni M Sanghvi



Ari Sarafian



Ashna Savalia



Jillian Scheef



Brody Schneitzer



Megan Schoonhen



Gabriella Scimeca



Marwa Sherzoy



Anthony Shi



Yekateryna Sinitsyna



Ryan Soehnel



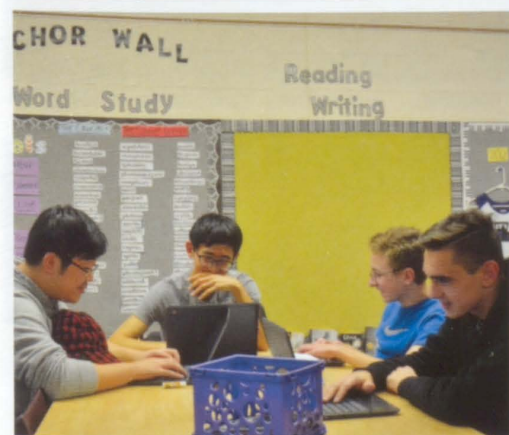
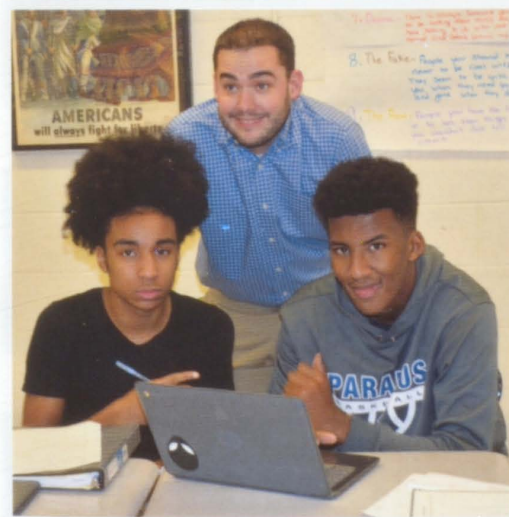
Guy Sperling

## SOPHOMORE CLASS OF 2021





# CANDIDS



## What we wish we knew as sophomores

- ▶ "Try new things while in high school such as electives outside of your 'comfort zone'." - Leigh Brown
- ▶ "Don't be afraid to be your authentic self." - Adrienne Moe
- ▶ "Self discovery is a lifelong journey." - Rachel Antler
- ▶ "They never invent personal jet-packs, so stop wishing for one." - Michelle Fernandes
- ▶ "It's not that serious." - Tania Regalbuto



# Parents & Staff who went to PHS



Mark Donellan  
Class of '94



Nicole Cascione  
Class of '08



Matt Kingsley  
Class of '88



Zain Adnan



Aakhib Ahsanuddin



Matthew Akdemir



Megan Akdemir



Leen Aleiadeh



Gina Marie Alessio



Riad Allaraj



Harsahej Anand



Lauren Anderson



Raphaella Antoniou



Ariana Arakelian-Gonzalez



Alexa Arevalo



Alex Hagop Baklayan



Tyler Barone



Marissa Behrens



Samuel Belloso



Nicole Beshara



Alexis Boettcher



Vincent Bonastia



Cooper Bopp



Trevor Bopp



Jenna Bosticco



Samantha Bruno



Thomas Bruno



Aracelly Cabrejo



Kaitlyn Caiez



Michela Cafasso



Michael Caneiro



Anthony Cangiamila



Dyasmynn Lira Cariaga



Joseph Cassesa



Jacqueline Castronovo



Christina Chalmers



Zacharia Cheikhali



Vanessa Weiyl Chen



Alan Chicas



Joseph Choi



Scott Chung



Mark Cioffi



Danielle Cochran



Eric Logan Colmenares



Danielle Colentino



Erin Cornella



Roy Joseph Corso



Adam Crosby



Aidan Cullen



Rachel Daniel



Kristina Darquea



Nicole De Leon



Kevin Delaney



Brandon DelColle



Christine Di Iorio



Gabriella DiFiore



Tyler DiPopolo



Eric Dlabal



David Dovlatian



Rueben Easaw



Gianna Egbert



Julia Maria Eleftheriades



Hannah Faddah



Heba Fahs



Emily Felipe



Jason Fernandez



Ryan Fernando



Christopher Fox



Madelyn Franco



Jessica Frew



Cavin Gada



Joseph Gaer



Ryan Galarza



Massimo Gallorini



Jake Gandara



Marjonel Garcia



Ryan Gass



Gianna Gazzolo



Tuleen Ghanem



Zackary Gibbons



Michael Gjini



Antonio Gonzalez



Traman Gupta

## JUNIOR CLASS OF 2020





Cole Hagen   Ryuuta Hamayama   Harash Hanife   Claudia Haxhiu   Erik Hegyi   Richard Santo Helm   Dennis Hemans   Deacon Herfort   Morgan Hergenhan   Kylie Heron   Alexander Hishikawa   Angela Fadi Hishmeh



Anthony Hishmeh   Justin Holliday   Roald Holmberg   Johnathan Huertas   Taylor Hughes   Keanu Hwang   Maria Hwangbo   Giovanni A Ilacqua   Kaya Inamdar   Rose Introna   Diana Jacob   Kyle Scott Jacob



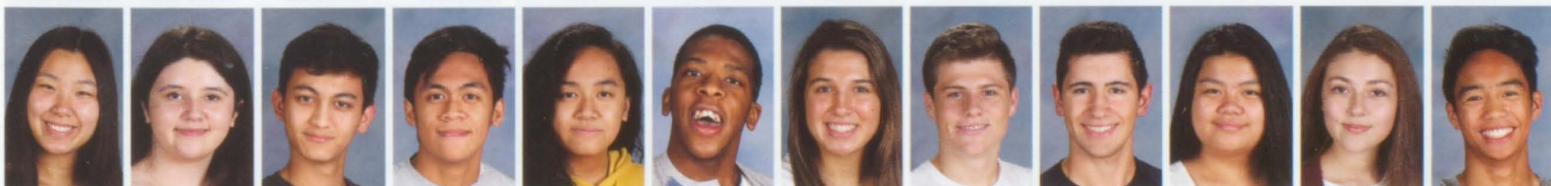
Andrew Jamgochian   Simon Jang   Victoria Jeon   Lauren Rose Jeske   Michael Jhin   Dhruvit Kabariya   Grace Kaider   Hailey Rose Kaiser   Marcus Kang   Talia Kates   Madeeha Kathawala   Lucy Kennedy



Nicole Kennedy   Albera Kerio   Lintha Khan   Brandon Kim   Yoel Kim   Hayley Kirsch   Marley Kiss   Karin Koda   Karina Kolman   Heidi Kopf   Melissa Julia Kudlak   Jenna Kutoroff



Elaine Kuznetsov   Gabriella LaFerlita   Matthew Lalomia   Christina Laoudis   Andrew Lau   Do Hyung Lee   Michelle Lee   Patrick Y Lee   John LeRose   Amanda Lester   Vanessa Lillo   Heidi Lin



Chelsea Yeeann Lu   Kaitlynn Luh   Brandon Tony Lui   Melvin Macaayan   Meryl Macaayan   Courtney Machiri   Alexa Maksym   Jason Mancini   Anthony Mania   Francine Manuel   Olivia J Marotta   Rylan David Marquez



Jessie Mary Martini   Moaaz Mashaaallah   Alexey Maydanov   James McGinn   Kaila McIntyre   Cristian Javier Mejia   Tais K Mendoza



Michael Migliaccio   Gia Marie Milazzo   Matteo Milazzo   Giulia Grace Mimmo   Janya Mirpuri   Eylul Monroy   Amberly Moonsammy

## Parents & Staff who went to PHS



Brian Hay  
Class of '89



Daniel Renn  
Class of '88



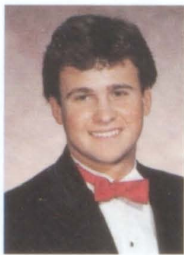
Kelly Lyons  
Class of '06



# Parents & Staff who went to PHS



Alyssa Finizio  
Class of '13



James Bopp  
Class of '87



Amanda Faley  
Class of '07



Michael  
Moran



Gianna Pina  
Morra



Benjamin  
Mousserie



Angel Muca



Mihiika  
Naheta



Rafy  
Nakhla



Timothy  
Nam



Kian  
Nazem



Vincent  
Nguyen



Jake Titus  
Novoshelski



Ryan  
Oechsner



Alan Olisa  
Okechukwu



Kayla Emily  
Olivo



Alex Gary  
Onorato



Christopher  
Onove



Brooklynn  
Ortega



Maximus  
Ortiz



Maya Ortiz



Julie  
Ozadovskiy



George  
Pantazis



Georgia  
Papas



Ava Pappas



Michelle  
Park



Daniella  
Passarelli



Khushi  
Sunil Patel



Nandni  
Patel



Puja Patel



Ronit Patel



Sagar Patel



Suchi Patel



Ronit Paul



Matan Pier



Gabriel  
Pineda



Nicole  
Possehl



Emily  
Puentes



Dipika  
Pujara



Kelly Pusz



Gabriella  
Qira



Mahdi Rab



Grace  
Rachko



Kaviyasri  
Rajan



Samantha  
Ramcharran



Daniel  
Ramirez



Sashin  
Ramsaywack



Sindhu  
Rayapaneni



Joshua  
Rembecky



Brooke  
Rennar



Brian David  
Ribeiro



Bella  
Rivarola



Amber  
Rivera



Michael  
Rivera



Katherine  
Roberts



Logan  
Rogalski



Zachary Ian  
Rogalski



Daniella  
Rosario



Michael  
Rosenblum



Anthony  
Roushdy



Jayven Rutz



Giovanna  
Rydingsward



Julianna  
Rydingsward



Jaewon Ryu



Lynette  
Santana



Darsh  
Savalia



Dylan  
Scaltro



Christopher  
Schatz



Emily  
Schatz



Grace  
Schneider



Rachael S  
Schneider



Vincent  
Sciglitan



Kyle  
Scrivanich



Michael  
Sebastian



Samantha  
Settecasi



Rajvi Shah



Syl Sokol  
Shala



Eliot Shehu



Jordana  
Singer



Jugraj  
Singh



Simran  
Kaur Singh



Naya Sobh



Phillip Song

## JUNIOR CLASS OF 2020



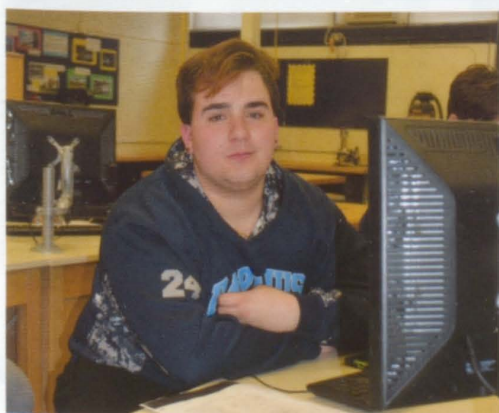


# CANDIDS



## What we wish we knew as juniors

- ▶ "Take typing class, it will make life easier" - Bill Whitney
- ▶ "Be confident in yourself and don't be afraid of any challenges you may face!" - Maggie Touloughian
- ▶ "Advocate for yourself! Your advisor may not always know." - Marc Jenkins
- ▶ "Get in a car and drive across the country. Now is the time to do it..." - Jonathan Morrisette
- ▶ "Dream big, try new things and travel the world" - Sandy Vanderzee





# SENIORS



## 2000 and 2001 Trends



Juicy Couture  
Sweatsuits



The movie "Shrek"  
premiered



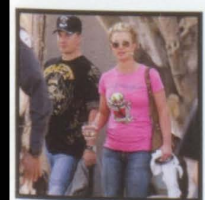
The group NSYNC  
topped the charts



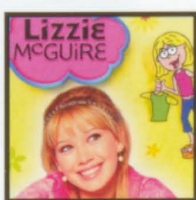




These last four years we've been preparing for the real world, whether that may be college, military, or a career, Paramus High School has taught us far more than educational lessons. On the next path of our lives, each day we will carry with us friendships, skills, and life lessons. Before, in the **Then**, we were kids; **Now**, in the present, we are in our last year in high school. Seniors! We are moving onto the next chapter. Wherever this journey may take us, we end together in Paramus as the Graduating class of 2019.



The brand  
Ed Hardy



The show "Lizzie  
McGuire" premiered



Bratz Dolls  
were created

The Years We Were Born

# Class of 2019



ZOHA ABBASI



*"I don't know. I didn't think I'd get this far." - Plankton*

Art Club 9-12;  
Computer Club 10-11; K-pop Club 9-12;  
Video Game Club 9-12

KALISTA S ABRAHAM



*"Everything is possible with God"- Mark 10:27*

STEVEN ABRAHAM



*"I hate when I'm on a flight and I wake up with a water bottle next to me like oh great now I gotta be responsible for this water bottle" - Kanye W*

DECA 10-12; ERASE 10-11; Harvesters 9-12, President 12; National Honor Society 11-12

JAY ACHARYA



*"People who don't know me think I'm quiet. People that do know me, wish I was."*

Tennis 9-12; ERASE 9-12; Freshman Class VP; HOSA 10-12, Pres 10-12; Interact 10-12; Model UN 9-12; NHS 11-12; Science League 11; OM 9-12, VP 11-12; Relay 11-12; Ambassador 9-12; Student Gov. 9-12, Treas. 11; UNICEF 9

ORE AGORO



*"Success isn't about how much money you make. It's about the difference you make in people's lives." -Michelle Obama*

Boys' Soccer Manager; Girls' Basketball 9, 11-12; HOSA 12; Interact 11-12; Orchestra 9-10; Senior Class President; Student Government 12; Track and Field (Spring) 10-12; Volleyball Manager

KAITLYN J. AKROUSH



*"Change is the law of life, and those who look only to the past or present are certain to miss the future." John F. Kennedy*

DECA 11-12, VP 12; Doctors Without Borders 12; HOSA 11; NHS 11-12; Red Cross 11-12

COLE ALLAN



ANTHONY ALLIEGRO



*"The legs feed the wolf." -Herb Brooks*

Ice Hockey 9-12; Italian Club 9; Marching Band 9-12; NHS 11-12; Symphonic Band 9-10; Track and Field (Spring) 11; Tri-M Honor Society 11-12; Wind Ensemble 11-12; Yearbook 12

JAZLYNN ALMANZAR



*"I'm actually not funny, I'm just really mean and people think I'm joking."*

GSA 9-12; He Said, She Said 9; Softball 9



CHRISTIAN ALONSO



*"Everyday in High School I was looking for snacks, not knowing I was the snack all along."*

Baseball 9-12, Varsity Captain; Boys' Basketball 9-12; Boys' Soccer 9-12, Varsity Captain; Interact 11-12; NHS 11-12

COURTNEY ALONZO



*"It's understanding that makes it possible for people like us to tolerate a person like yourself." - Ferris Bueller*

Color Guard 10; NHS 11-12; Relay for Life 10

MATT AMATO



*"Hold the Rope"*

Boys' Lacrosse 9; Football 9-12, Varsity Captain 11-12

SHAYAN ANSARI



*Here Comes Success*

ANTHONY ASATRIAN



*"Took long enough"*

Wrestling 12, Varsity Captain

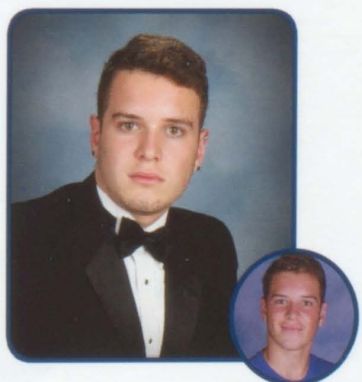
GLORIA ARAPI



*"Our Lives are Before us, Our Pasts are Behind us, But our Memories Are forever with us."*

Girls' Basketball 9

CHRISTIAN ASKLING



Boys' Lacrosse 9-12; Football 9

AREN ARSLANYAN



*"Everyday is for the boys" - The Boys*

Boys' Basketball 9-12, Varsity Captain; DECA 9-12; NHS 11-12; NJ Science League 11-12; STEM 11-12

PETER ATIE



*"I guess I have to be a cop now too..."*

# Class of 2019



STEVEN AVAKIAN



*"I am the Captain of my ship and the master of my fate."*

GRACIE BABILOT



*"I wish there was a way to know you're in 'the good old days', before you've actually left them."*

Cheerleading 9-12, Varsity Captain 11-12; Competition Cheerleading 9-12, Varsity Captain 12; Softball 9

ANDREW BAKER



*"If the game was played one-on-one, I'd be the champion of the world." -Lavar Ball*

Baseball 9-10; Boys' Basketball 9

JOANNA BALESTIER



*"Lock up your libraries if you like; but there is no gate, no lock, no bolt that you can set upon the freedom of my mind."*  
-Virginia Woolf

German Club 9-12, VP; German HS 11-12, Vice President; Lacrosse 9-12; Girls' Soccer Manager; Interact 11-12; NHS 11-12; Operation Goody Bag 9-10; Relay for Life 10

DAVID BANDILA



*Whenever I'm about to do something, I think "Would an idiot do that?" And if they would, I do not do that thing*  
- Dwight K Schrute

Interact 9-12; STEM 12

SHAYLA BARBALAT



*"Nothing is ever what it used to be."*

Cheerleading 9-12, Varsity Captain; Competition Cheerleading 9-12, Captain 12; Yearbook 12

JUSTIN BEHNKE



*"I'm Dale. But you have to call me Dragon"*

Boys' Lacrosse 12; Boys' Soccer 9-12, Varsity Captain; Interact 11-12; National Honor Society 11-12

MATTHEW BELLINGER



*"I'm Brennan. You have to call me Nighthawk."*

Boys' Lacrosse 9-12, Varsity Captain; Football 9-10; Italian Honor Society 11-12; National Honor Society 11-12

SARAH BERNABE



*"You cannot teach a man anything, you can only help him find it within himself."*  
- Galileo

German Club 12; German HS 11-12; Jazz Ensemble 11-12; Marching Band 9-12; NHS 11-12; Orchestra 12; Musical 11-12; Symphonic Band 9-10; Tri-M 12; Wind Ensemble 11-12



EMMA BESSEN



*"I never worry about the future. It comes soon enough."*

Girls' Lacrosse 9-12; Interact 10-11; National Honor Society 11-12; Winter Track 10

LUKE BESSEN



*"I didn't come this far to only come this far"*

Boys' Soccer 9; Wrestling 9-12

NICOLE BIRDSALL



*"Bird is the word"*

National Art Honor Society 12; Girls' Basketball 9-12, Captain 11-12; Girls' Soccer 9-12; Neighbors Helping Neighbors 9; Softball 9-12, Captain 12

CARTER BOPP



*"There may be people who have more talent than you. But there's no excuse for anyone to work than you do." Derek Jeter*

ASHEETA BOTHRA



*"Don't just fly, soar." -Dumbo*

Color Guard 10-12, Captain 12; Concert Choir 9-12; DECA 9-12; Interact 9-12; Model UN 9-12, Treas. 11, President 12; NHS 11-12; Relay for Life 12; Musical 10; Tri-M 11-12; Treble Choir 11-12

KAYLEIGH BREEN



*I'm not tiny. I'm travel sized for your convenience. -Mushu (Mulan)*

Concert Choir 9-12; Cross Country 11-12, Manager; German Club 9-12; Girls' Soccer 9-10; National Honor Society 11-12; Premiers 11-12; Track & Field (Spring) 9-12; Winter Track 9-12

NICOLE BUCCOLA



*"Do not let what you cannot do interfere with what you can do." - John Wooden*

Girls' Basketball 9-12, Varsity Captain 11-12; Girls' Lacrosse 9-12, Varsity Captain 12; Girls' Soccer 9-12; National Honor Society 11-12

BROOKE BURROWS



*"Don't put off for tomorrow what you can do today. If you enjoy it today, you can do it again tomorrow"*

Spartanettes 9; Yearbook 12

HARRISON CAHN



*"No" - Rosa Parks*

Cross Country 9-10; German Club 9-12, Vice President; German Honor Society 11-12; National Honor Society 11-12; Student Ambassadors 10-12; Track & Field (Spring) 9-10; Winter Track 10

# Class of 2019



CAITLYN CALUPAD



*I want people to realize, it's okay to make mistakes, It's okay to fall down, Get up. Look Sickning and make them EAT IT.*  
- Latrice Royale

Art Club 9-12, Treas. 11; NAHS 11-12; Play 10-12, Mgr. 12; GSA 10-12; Marching Band 9-12, Librarian 10-12; Symphonic Band 9; Spring & Winter Track 9-12; Tri-M 11-12; Wind Ens. 10-12

ZACHARY CARBONE



Boys' Lacrosse 9-12; DECA 10; Italian Club 9-10

KOURTNEY CATINI



*"Casual Friday" The Office s. 5 e. 26., 0:00 - 0:40*

Italian Club 9

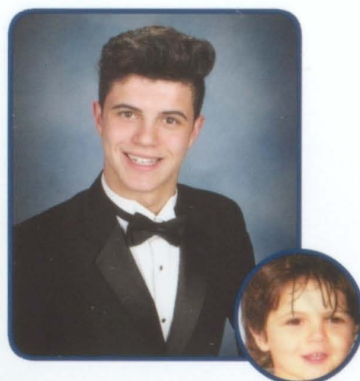
GIANNA CANTONE



*Hannah Montana said nobody's perfect, but here I am*

Cheerleading 9, 11-12, Varsity Captain; Competition Cheerleading 9, 11-12, Captain 12; Softball 9-12; Yearbook 12

CHRISTIAN CARMICHAEL



*#HighSchoolTaughtMe if there's a will, there's a way, if there's a quizlet, there's an A.*

Boys' Lacrosse 12; Football 9-11; Wrestling 9-12

JUSTIN CHAN



*I'm that one kid in class spinning a pencil with their fingers.*

Track & Field (Spring) 11

JULIANNA CAPONE



*It matters not how strait the gate, how charged with punishments the scroll, I am the master of fate, I am the captain of my soul.*

THOMAS CASEY



*It's how you deal with failure that determines how you achieve success.*

Wrestling 9-12

MATTHEW CHAUDHARY



*So this is how my High School days die... with a thunderous applause.*

Red Cross 9-12



VICTOR M. CHAVEZ



*"You, the people, have the power to make this life free and beautiful, to make this life a wonderful adventure"*  
by Charlie Chaplin

DANIEL CHERMARK



*"0 to 100 real quick" - Drake*

Football 12

KYLE CHO



*"If tomorrow is not the due date, today is not the do date"*

HOPE 9-12; Marching Band 9-12; Orchestra 9-12; Symphonic Band 9, Section Leader; Track & Field (Spring) 9-12, Varsity Captain; Wind Ensemble 10-12, Section Leader; Winter Track 10-12, Varsity Captain

SHARON CHOI



*Did I ask?*

HOPE 9-12, VP; NHS 11-12; NJ Science League 10-11; Spanish Club 11; Track & Field (Spring) 9-12; UNICEF 9-12, Secretary; Winter Track 9-12

JOSH CHUNG



Boys' Basketball 9; Red Cross 10-12; Track & Field (Spring) 10-12; Winter Track 10-12

KIERAN COCCARO



*The journey of a thousand miles begins with one step.*

RYAN COLLINS



*Are you surprised I'm smiling in this picture?*

Baseball 9-10; Football 9-12

CHLOE COLMENARES



*I know nothing with any certainty, but the sight of the stars makes me dream*  
-Vincent Van Gogh

German Club 9-12, Secretary; Model UN 10-11; National Honor Society 11

JAYDEN COLON



*"Death is not the greatest loss in life, the greatest loss is what dies inside while still alive."*





ROBERT COLONNA



*Let's get this money*

Baseball 9-12; DECA 10,12;  
Football 9-12

CHRISTOPHER CRUZ



*"Just because you're trash doesn't mean you  
can't do great things. It's called garbage can,  
not garbage cannot."*

Ski & Board Club 9-12

KRISTINA DAMATO



*"Go into the world and do well. But more  
importantly, go into the world and do  
good."* - Minor Myers Jr.

Girls' Lacrosse 10-12; Italian Club 11-12;  
National Honor Society 11-12; Winter  
Track 11-12

JOEY DANIELE



*"Murm, I got this!"*

Art Club 11-12; National Art Honor  
Society 11-12; Boys' Lacrosse 9; National  
Honor Society 11-12; Operation Goody  
Bag 9; Relay for Life 11-12; Weight  
Room 9-12

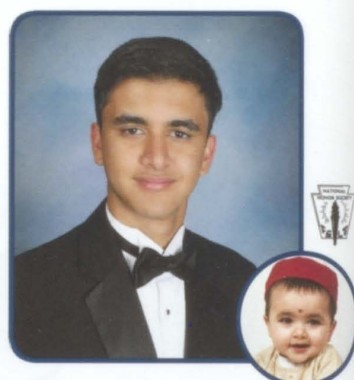
PATTI DANIELS



*"Pressure is a privilege... it's what you do  
with it that matters."* - Billie Jean King

Girls' Basketball 9; Girls' Lacrosse 9-12,  
Varsity Captain; National Honor Society  
11-12; Volleyball 9-12, Varsity Captain

RAYAN DAROOWALLA



*"I was brought up different, so my vision  
different."* - Playboi Carti

Boys' Tennis 9-12, JV Captain, Varsity  
Captain; Winter Track 9-10

MICHAEL P DATZ



*"Direction is much more important than  
speed, many are going nowhere fast"*

MATTHEW DAVIDSON



*"Well as a giraffe says, you don't get no  
leaves unless you stick your neck out"*

Boys' Basketball 9; Boys' Tennis 9-12, JV  
Captian 10, Varsity Captain 12; Concert  
Choir 11-12; Marching Band 9-12, VP  
12; NHS 11-12; Symphonic Band 9-10,  
VP 12; Wind Ensemble 11-12, VP &  
Section Leader 12

MATTHEW DEJESUS





BRENDAN DEL MASTRO



*"You don't stop laughing when you grow old, you grow old when you stop laughing"*

Baseball 9-12; Winter Track 10-11

JAKE DeMAIO



GIANNA DePALO



*"Sometimes you will never know the value of a moment until it becomes a memory" - Dr. Seuss*

Girls' Soccer 9-12, Varsity Captain 12; Softball 9-12

REBECCA DeSIMONE



*"Your imagination is your greatest tool to success" - Lana Del Rey*

Art Club 11; National Art Honor Society 11-12; Cross Country 9-11; Pure Hearts 9-12; Track & Field (Spring) 9-10

MIA DeVIZIO



*"In this world, you either crank that soulja boy or it cranks you."*

Concert Choir 9; HOSA 11-12; Interact 10-12; Italian Club 9-12; Italian Honor Society 11-12, VP; Model UN 10-12; NHS 11-12; Spartanettes 9-12; Track & Field (Spring) 9, 11; Winter Track 11

JAKE DIAMOND



*"Be the best you can be and don't try to do what you see others doing." - James Harden*

National Honor Society 11-12; Red Cross 11-12; Track & Field (Spring) 10; Winter Track 11

ELLIE DOYLE



*"Your future self is watching you right now through your memories" - Aubrey De Grey*

Art Club 9-12; National Art Honor Society 11-12; GSA 10-12

MOHAMMED ELAKOUSH



*"I would not be graduating without Google"*

SOPHIA ESPINOSA



*"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind" - Dr. Seuss*

Concert Choir 9-12; German Club 9-11; Girls' Basketball 9, 11; GSA 9-10; Premiers 12; Red Cross 9, 12; Relay for Life 12; Tri-M Honor Society 12

# Class of 2019



FERAS FADLALLAH



*False*

ANTHONY FERRAIOLI



*"Ravioli, ravioli, give me the Ferraioli"*

Football 9; Wrestling 9, 11-12

JOSH FERRO



*"Don't go Memphis" - Coach Hill*

Boys' Lacrosse 9-12, Varsity Captain;  
Football 9-12

JENNA FRONTAURIA



*"Life is a series of experience, each one of which makes us bigger, even though it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching onward." - Henry Ford*

CHRISTIAN FUCHS



*"It's the state Law, I swear to God it is"*  
- Donnie Baker

DHVANI GAJIWALA



*"I can't complain about having too much on my plate if my goal was to eat"*

DECA 9-12; ERASE 9-12; Girls'  
Basketball 9-12; Interact 9; National  
Honor Society 11-12; Spanish Club 12

GRANT GALLORINI



*"Every strike brings me closer to the next home run" - Babe Ruth*

Baseball 9-12, Varsity Captain; Football  
9; Ski & Board Club 10-12

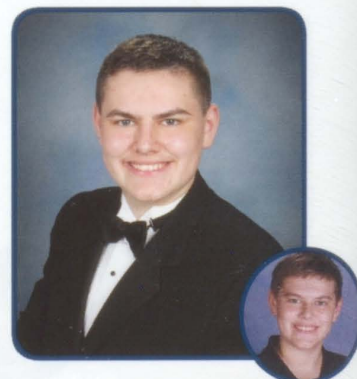
JENNY NICOLE GARINO



*"There are so many people out there who will tell you that you can't. What you've got to do is turn around and say 'watch me.'"*

Bowling 10-12; German Club 9-10;  
German Honor Society 11; Girls'  
Lacrosse 9-11; HOPE 9-12; National  
Honor Society 11-12; Red Cross 12;  
STEM 12; Volleyball 9-12

CHRISTIAN GEHLER



German Club 11-12; Red Cross 9-12;  
Video Game Club 11-12



BRIAN GENGLER



*"You miss 100% of the shots you don't take - Wayne Gretzky" - Michael Scott*

Bowling 9-12, Captain 12; National Honor Society 11-12; NJ Science League 9; Red Cross 10-12

NICOLE GEORGATOS



*"I'm going to make everything around me beautiful- that will be my life."  
-Elsie de Wolfe"*

Girls Lacrosse 9-12; Prom Committee 12

TALIA GERARDI



*"Work so hard that one day your signature will be called an autograph"*

Cheerleading 12; DECA 10; Italian Honor Society 11-12; National Honor Society 11-12; Yearbook 12

MATTHEW GIANNELLA



*"Go into the world and do well. But more importantly, go into the world and do good." - Minor Myers Jr.*

XC 10-12, Capt. 12; DECA 11-12; Interact 9-12, VP 11, Pres. 12; Class Treasurer 11-12; NHS 11-12; Spanish HS 11-12; Spanish Club 11-12; Spring & Winter Track 9-12; Yearbook 12

MAXX GILCHRIST



*"Hesitation is the enemy. It allows the moment to pass, the opportunity to be lost, the enemy to get the upper hand."*

Baseball 9; Boys' Basketball 9-10

DEEJAY N. GITHINJI



*Life can only be understood backwards; but it must be lived forwards.*

Football 11-12

CLAUDIA ROSE GOMEZ



*"We ain't picture perfect, but we worth the picture still." - J. Cole*

Girls' Soccer 9-10; National Honor Society 11-12

JESSICA GRAPENTINE



*"There's a million things I haven't done, but just you wait" - Lin-Manuel Miranda*

Color Guard 12; Concert Choir 9-12; German Club 9-12, Pres. 12; German HS 11-12, President 12; NHS 11-12; Tri-M HS 11-12; Treble Choir 11-12

CRISTIAN GUACCI



*"Never eat with someone you didn't starve with and never ride with someone you didn't walk with." - Gunna*

Boys' Soccer 9-12; DECA 10; Italian Honor Society 11-12; National Honor Society 11-12; Interact 10-12

# Class of 2019



ALLIE GUALE



*"I need a room full of mirrors so I can be surrounded by winners." -Kanye West*

Girls' Soccer 9-10; Ski & Board Club 11

LAILLY GUIMARAES



*I know that I will look back on these days as being the happiest of my life.*

Cheerleading 11-12; Competition Cheerleading 11-12; DECA 9; National Honor Society 11-12; Volleyball 9; Yearbook 12

MEGAN HAHN



*"HONK" - My oboe*

Amaranth 12; Computer Club 10-11; Crochet for Charity 9; GSA 9-11; Quiz Bowl 12; Italian Club 9-12; Italian HS 12; Marching Band 9-12; Orchestra 10-12; Musical 11-12; Symphonic Band 9-10; Video Game Club 9-12; Wind Ensemble 11-12; K- Pop Club 9

MARIELINA HALABI



*"Are u not reading what I'm saying its a SNAKE HABITAT TURN AROUND"- Liam James Payne*

DECA 9-12; German Club 9-12; HOSA 11-12; Treasurer 11-12; Interact 9-12; Relay for Life 11-12; Winter Track 10-11

DAVID HALL



*Sometimes it's a smart move to play dumb, but it's almost always a dumb move to act smart.*

Boys' Soccer 9; Football 10; Wrestling 11

LAUREN HAMLETT



*"The scariest moment is always just before you start." -Stephen King*

DECA 10; German Club 9-12, Secretary; Girls' Lacrosse 9-10; Girls' Soccer 9-10; National Honor Society 11-12; UNICEF 10-11

REGINALD HANDS JR.



*We should all learn to love one another and appreciate the differences that set us apart, smile a little bit more and make a positive impact in someone else's life.*

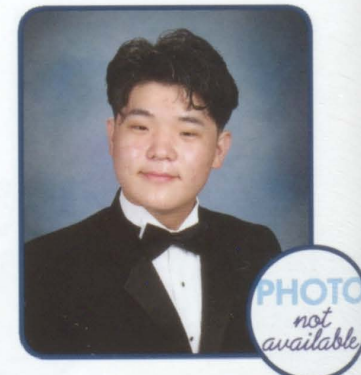
ROHEEN HANIFE



*"You can call in sick to work, but you can't call in sick to the boys" - NK*

Boys' Basketball 10; DECA 10; ERASE 10; Interact 11; Relay for Life 11; Video Game Club 11; Wrestling 9

JONATHON HO



*"Let's face it, this is not the worst thing you've caught me doing." - Robert Downey Jr.*

Choir 10-12; Band 9-12; Red Cross 10; Musical 11-12; Strings & Things 9-10; Symphonic Band 9-12; Spring Track 9-10; UNICEF 9-10; Wind Ensemble 11-12; Orchestra 9-12; Chamber Choir 11-12



JOSHUA HOLLIDAY



*Now that's a party!*

Art Club 9-12; National Art Honor Society 11-12; Concert Choir 12; Fall Play 12; German Club 9-12; GSA 9-12, VP 11-12; National Honor Society 11-12; Paramus Productions 9-12; Spring Musical 11-12

DANNY HOLZMANN



*"If you're not making someone else's life better, then you're wasting your time"*  
- Will Smith

Choir 10-12; German 9-10; Band 9-12, Sec. Leader 12; NHS 11-12; Premiers 12; Symphonic Band 9-10, Sec. Leader 10, Pres. 12; Tri-M 11-12, VP 12; Wind Ensemble 11-12, Sec. Leader 12, Pres. 12

KATHERINE HORNE



*"I leave the room, smiling."*  
-The Great Comet

Concert Choir 9-12, VP 12; Fall Play 10-12; National Honor Society 11-12; Premiers 11-12; Relay for Life 10-12; Spring Musical 9-12; Tri-M 11-12, Secretary 12

FRANCESCA HRONCICH CHELSEA D. HUAMAN



*You can't move forward without saying goodbye to the past.*



*"I never look back, darling. It distracts from the now."* - Edna Mode from *The Incredibles*

Art Club 9-12; Color Guard 10-11; Crochet For Charity 9-10; Girls' Basketball 11; GSA 9-12; Harvesters 11-12; Orchestra 9-12

IBRAHEEM HUSSEIN

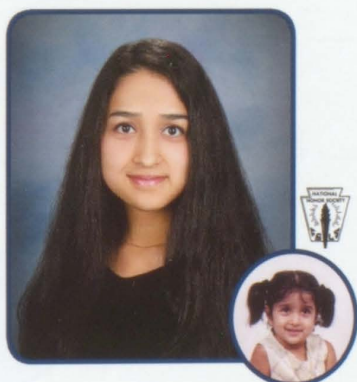


THERESA IANNONE



Hand in Hand 11; Italian Club 11; National Honor Society 11; Neighbors Helping Neighbors 11; UNICEF 11

ANUM ILYAS



*"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."* -Malcolm X

Girls' Tennis 9-12, Varsity Captain 12; National Honor Society 11-12; NJ Science League 10-11; Red Cross 9-12, Treasurer 10, President 11-12

MARYELLEN ISSA



*tomato tomahto*

DECA 11-12; HOPE 11-12; HOSA 11-12; National Honor Society 11-12; NJ Science League 11-12

# Class of 2019



MATTHEW IVANICKI



*If you aren't going all the way, why go at all? Joe Namath*

Baseball 9-12; Football 9-12; Ski & Board Club 9-12

FADI JABER



*Hate is only a form love that hasn't found a way to express itself logically. Lil Wayne*

Boys' Lacrosse 12; Football 9

ELAINE JEE



*And now the ACTUAL hard work starts*

Golf 9-11; HOPE 9-10; National Honor Society 11-12

MIA JOHNSON



*"Some things have to end for better things to begin."*

Concert Choir 10, 12; Girls' Tennis 11; HOSA 11; National Honor Society 11-12; Red Cross 10-12

TAJ JOSAN



TRISTEN ARUN JOSHI



*I tried to think of something funny, then I thought about this school. Then, I laughed.*

Amaranth 11-12; Harvesters 11-12, President 12

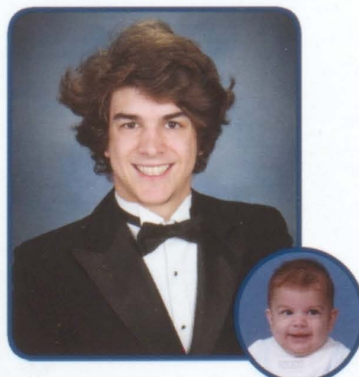
YIREH JUNG



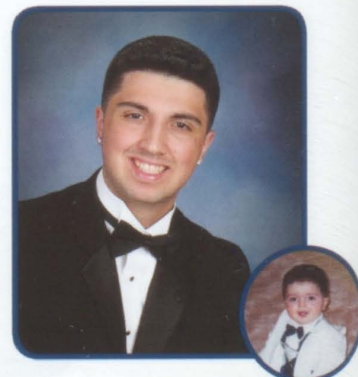
*I sought and found*

Girls' Tennis 9-12; HOPE 9-12, Treasurer 11, President 12; HOSA 11-12, Secretary 11-12; Student Ambassadors 10-12; UNICEF 9-12

MICHAEL C. KANE NICHOLAS KARAGIORGIS



*plants grow from the sun.  
by Albert Einstein*



*When Life knocks you down, you have to get back up, and Keep Moving Forward.*

Football 9-11; Heroes and Cool Kids 9; Ski & Board Club 9



## NICHOLAS KAROUNOS



*"You learn more in failure than you ever do in success - Jay Z"*

Football 9-12

## ASHLEY KASHANI



*"Treat people with kindness."  
- Harry Styles*

Concert Choir 9; National Honor Society 11-12; Red Cross 9-12

## JASON KASHANI



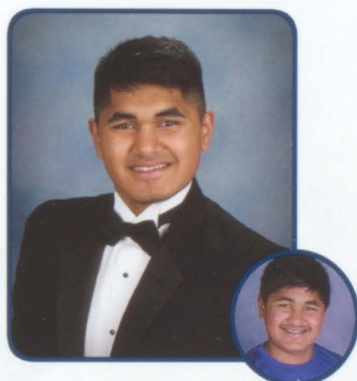
*"I could either watch it happen, or be part of it." - Elon Musk*

## SHAHMIR KAZMI



*"Time is money, can't spare it."*

## SHAHZAIB KHAN



*"Catch flights not feelings" - Jordan McCabe & Tyler Herro*

Boys' Basketball 9-12, JV Captain, Varsity Captain; DECA 9-12; ERASE 9-10

## DONGHA KIM



*Friends S1:E1 19:44*

HOPE 9-12, Treasurer; National Honor Society 11-12; NJ Science League 11; UNICEF 9-12, Secretary, President

## HEUI JIN KIM



*"The only thing predictable about life is its unpredictability." -Ratatouille*

Culinary Competition 11-12; Girls' Lacrosse 10-12; NHS 11-12; Operation Goody Bag 9-11; Orchestra 9; Ski & Board Club 9-12; Spartanettes 9-12

## JOOHEE (ALEX) KIM



*"If there was an AP Sleeping class I would've gotten a 5.0 GPA"*

NAHS, Pres. 11, Sec. 12; HOPE 9-12, VP 12; Marching Band 9-10; Orchestra 12; Symphonic Band 9-11; Tri-M 12; UNICEF 9-12, Secretary 12; Wind Ensemble 12; Winter Track 9

## JUNE KIM



*"Yes, I was born in June."*

HOSA 11-12; Italian Club 9-12, VP; Italian HS 11-12; NHS 11-12; Orchestra 9-12; Spartanettes 9-12, Captain 12; Dance HS 12; Chamber Strings 10-12; Tri-M 11

# Class of 2019



LOIS KIM



*"They say good things take time... That's why I'm always late"*

DECA 12; Golf 10-12; Interact 11-12; NHS 11-12; Ski & Board Club 10-12; Spanish Club 11; Volleyball 9-12

DAVID KIM



*"It's all business here. Tell'em I'm coming."*

Boys' Soccer 9; DECA 11-12; Interact 12

RAEL KIM



Marching Band 11; NHS 12; NJ Science League 10; Orchestra 11; Symphonic Band 10; Tri-M 11-12; UNICEF 10-11; Wind Ensemble 11-12

JOYCE KO



Choir 10-12; DECA 9-12; Jazz Ensemble 9-12; Band 9-12, Sec Lead 11, Drum Major 12; Model UN 9-12, Pres 12, Sec 11; NHS 11-12; Orchestra 9-12; Prelmiers 10-12; Pure Hearts 10-11; Spanish Club 11-12; Musical 9-12; Symphonic Band 9, Sec Lead; Tri-M 11-12, Pres 12; Wind Ensemble 10-12, Sec 12, Sec Lead 12

KARIN KODA



BRIANA KOUTROS



*"I never look back, darling. It distracts from the now"- The Incredibles*

DECA 9-10; Interact 11-12; Model UN 11-12; Neighbors Helping Neighbors 9-12 Spanish HS 12; Spanish Club 12; Track & Field (Spring) 10-12; Volleyball Manager 9-11; Winter Track 11-12

HIMA KURIAN



*"I try all things, I achieve what I can" by Herman Melville from Moby Dick*

HOSA 11; Library Volunteers 11-12; NHS 11-12; Neighbors Helping Neighbors 11; NJ Science League 11-12

NIKHIL KURIAN



*Livin' in the world no different from a cell*

ETHAN KWOK



*Stay Hungry, Stay Foolish*

NAHS 11-12; German HS 11-12; Quiz Bowl 9-12, JV Capt. 10, V Capt. 12; Band 9-12; Math Club 9-12, Pres 12, VP 11, Sec 10; Model UN 9-12, Sec 12; Forensics 9-12, Pres 12, VP 10-11; NJ Science League 9-12; Symphonic Band 9; Spring Track & Field 9-12; UNICEF 9-12



NICHOLAS LABARBIERA



*If it doesn't challenge you, it won't change you.*

Golf 9-12, Varsity Capt. 11-12; Ice Hockey 9-10

NICHOLAS LAGASCA



MICHAEL LALOMIA



*"Working on a dream"*  
Bruce Springsteen

Baseball 9-12; Boys' Basketball 9; Football 9-10; Interact 11; Italian National Honor Society 11; NHS 11-12

CASSY LASPRILLA



*"Just wing it. Life, eyeliner, everything."*

Spartanettes 9

MCKENNA LECKEY



*"Some birds are not meant to be caged, that's all. Their feathers are too bright, their songs too sweet and wild"* ~ Stephen King

German HS 11-12; Marching Band 9-12, Sec Lead 11-12, Librarian 10; NHS 11-12; Pure Hearts 9-12; Symphonic Band 9-12, Sec Lead 11; Tri-M 11-12; Wind Ensemble 11-12; Yearbook 12

EUNSEO BRIAN LEE



*"Open your eyes..."* - Bob Marley

Jazz Ensemble 10-12; Marching Band 9-12; Math Club 9-12; National Forensic League 9-10; NHS 11-12; NJ Science League 9-11; Symphonic Band 9; Tri-M HS 11-12; UNICEF 9-10; Wind Ensemble 10-12, Section Leader

JUN H. LEE



*If it doesn't challenge you it won't change you.*

Art Club 12; National Art Honor Society 12; National Honor Society 12; Swimming 10; Video Game Club 12

KATIE LEE



*"I was definitely the Stanley from The Office at this school. Slow, unbothered, and just wanted to go home early every day."*

Golf 9-11, Manager 11; UNICEF 12

ALEXIS LESSER



*If you want to be a shark, be a shark. Don't apologize for it.* -Meredith Grey

Girls' Basketball 9-12, JV Captain; Interact 9-12; National Honor Society 11-12; Softball 9-10; Sociedad Honoraria Hispanica 11; Spanish Club 11; Student Government 11

# Class of 2019



MICHELLE LI



*this is just the beginning...*

Girls' Soccer 11; HOPE 11-12, Secretary 12; HOSA 11-12; National Honor Society 11-12; Pure Hearts 10; Red Cross 10; UNICEF 10-12, VP 12; Winter Track 10-12

NICHOLAS LICINI



*"Today, I consider myself the luckiest man on the face of the earth." Lou Gerhig*

Boys' Basketball 9; DECA 10-12; Relay for Life 9

RICHIE LIMBACHER III



*"In the end, the will shall surpass the opponent, for one must fail 1000 times before becoming triumphant."*

Art Club 10-11; Choir 9-12; Interact 10-11; NHS 11-12; Premiers 9-12; Spanish HS 11-12; Spanish Club 11-12; Swim 9-12, Captain; Video Game Club 9-12, Pres.; Principal's Advisory Board 9-12

DIANE LOPEZ- JARAMILLO



*People say I act like I don't care... It's not an act.*

DECA 9-10; Forum Press 9-10; Model UN 11-12; Neighbors Helping Neighbors 9-12; Track & Field (Spring) 9-10, 12; Volleyball 9-12; Winter Track 9-12

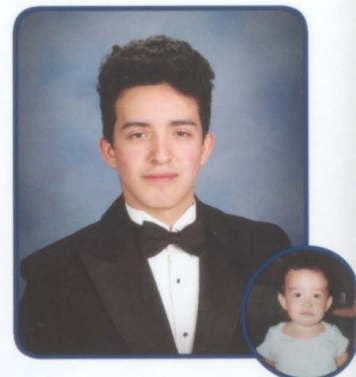
IAN PATRICK LOPEZ



*The smallest pebble can create the greatest ripple*

Red Cross 9-10; Track & Field (Spring) 11-12; Winter Track 11-12

JADON LOPEZ



Concert Choir 11-12; Fall Play 10-11; Spring Musical 10-12; Wrestling 10

ALEXA LUI



*"Have style because personality isn't the first thing people see"*

DECA 11-12; Interact 9-12, Secretary 11, VP 12; National Honor Society 11-12; Red Cross 10-11

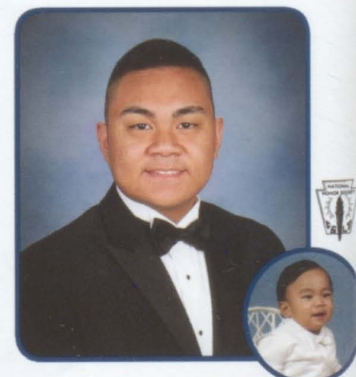
AJ LURIE



*"I am ready to face any challenge that might be foolish enough to face me"*  
-Dwight K Schrute

Ski & Board Club 9-12

C.J. MACAAYAN



*"the day you have everything i hope you remember when you had nothing"*  
-rupi kaur

NAHS 11-12; DECA 9-12, VP 10-12; Play 11-12; GSA 10-12; He Said, She Said 9; Library Volunteers 9-11; Model UN 11-12; Forensics League 11-12; NHS 11-12; OGB 9-11; Spanish HS 11-12; Spanish Club 11-12; Ambassadors 10-12



## MUSA MAHMOOD



*Aspire to Inspire before you Expire, but  
GSW blew a 3-1 Lead*

DECA 9-10; National Honor Society 11;  
Odyssey of the Mind 9-11

## KEYA MAHTANI



*"Forever is composed of nows."  
-Emily Dickinson*

Color Guard 12; DECA 9-12, VP 10-12;  
Class Officer 9-10, Secretary 9, President  
10; GHS 11; HOSA 11-12; Interact 9-12;  
NHS 11-12; NJ Science League 10;  
Student Government 9-12, VP 12; Spring  
Track 9-12; Winter Track 9-12

## DIVIT MALKAN



*"Let your ambition carry you"  
- Travis Scott*

DECA 9-12, VP 10, Pres. 11-12; Fed  
Challenge 10-12, Pres. 10-12; German  
HS 11; Golf 9-12; Model UN 9-12;  
Forensic League 11-12, VP 12; NHS 11-  
12; NJ Science League 11; Odyssey of  
the Mind 9; Sophomore Class Treasurer

## DESPINA MALLIOS



*No, we've never switched classes before...*

Concert Choir 9-10; Cross Country 9-10;  
DECA 10-12; Interact 10-12; National  
Honor Society 11-12; Spanish HS 11-12;  
Spanish Club 10-12; Swimming 11-12;  
Spring Track 9, 11

## GEORGIA MALLIOS



*...at least that's what we've told them.*

Cross Country 9-10; DECA 10-12;  
Interact 9-12; National Honor Society 11-  
12; Spanish HS 11-12; Spanish Club 10-  
12; Swimming 11-12; Spring Track 9, 11;  
Winter Track 9

## EILEEN MANGOLD



*"Common sense is not so common."  
-Voltaire*

Art Club 11-12; National Art Honor  
Society 11-12; Bowling 9-12; Video  
Game Club 10-12; Volleyball 9-12,  
Manager

## FRANCHELCE MANUEL



*"I'm actually not funny, I'm just really  
mean and people think I'm joking."*

Concert Choir 9-10; ESL Honor Society  
11-12, Co-President 12; Library  
Volunteers 11; National Honor Society  
11-12; Relay for Life 12

## NICOLAS MARIANI



*"I could do better if I wanted to"*

## JUSTIN L. MAROTTA



*"That's why the message will always be  
peace, love, and positivity."*

Italian Club 9-10; Relay for Life 9-10

# Class of 2019



JOESPH MARRA



"Success is not final, failure is not fatal: it is the courage to continue that counts."  
- Winston Churchill

History Travel Club 11; Quiz Bowl 9-12, Pres.; Italian Club 9-12; Italian HS 11-12; Junior Class President; Marching Band 9-12; Model UN 9-12; NHS 11-12; Student Gov. 11-12, Pres.; Symphonic Band 9

SEAN MARRAZZO



"Call me in 10 years and you will be talking to my assistant" -Sean Marrazzo

Football 9-12

CHRIS MARTINELLI



Everyone wants happiness, no one wants pain. But you can't have a rainbow, without a little rain. ~ Danny Duncan

Baseball 9-12; Football 9-10,12; Ski & Board Club 9-12

SYDNEY MASTROPASQUA



"God only lets things grow until they are perfect"

Concert Choir 9-12; Girls' Tennis 9-11; National Honor Society 11-12; Tri-M Honor Society 11-12; Prelms 11-12; Soprano Section Leader 11-12; Choir Accompanist 9-12

EMILY MCCausland MATTHEW MCINTYRE



"The question isn't who is going to let me; it's who is going to stop me" - Ayn Rand

Soccer 9; Interact 10,12; Model UN 10-11; NHS 11-12; Neighbors Helping Neighbors 9-11; NJ Science League 9,11; Spanish HS 11; Spanish Club 11; STEM 11-12; Track & Field (Spring) 9-12, Captain; Winter Track 9-12



"A real friend is one who walks in when the rest of the world walks out." - Unknown

National Art Honor Society 12

JUSTIN McKEON



"PAY CLOSE ATTENTION TO THE PEOPLE WHO DON'T CLAP WHEN YOU WIN." JORDAN BELFORT

Football 9-12

ENESTHER MEDINA



"I was born to make mistakes, not fake perfection. ~ Drake"

GSA 9-12; He Said, She Said 9; Italian Club 9; Softball 9

PALAK MEHTA



"Fruitloop in the world of cheerios"

ERASE 10-12, President 12; National Honor Society 11-12



LILLY MERRILL



*"You got your sheep and you got your black sheep and I'm not even a sheep I'm on the freaking moon" - Ryan Howard*

Concert Choir 9-12; Fall Play 10; Italian Club 9-12; NHS 11-12; Relay for Life 9-12; Spring Musical 9-12

MAI MIYAZAKI



*"Yes we can" -Barack Obama*

Girls' Soccer 9-12, Captain; Sociedad Honoraria Hispanica 11-12; Track & Field (Spring) 9-12; Winter Track 9-12

GINO MONGELLI



*"The ceiling is the roof. Let's make it happen." - Michael Jordan*

American History Travel Club 11; Boys' Basketball 9-12, Captain 12; Interact 9-12; National Honor Society 11-12; Operation Goody Bag 9

SONNY MUCCI



*"There is a million ways to become a millionaire"*

DECA 9-10; Italian Club 9-10; Wrestling 9-10, 12

REBECCA MUNIN



*"I can't go to hell, I'm all out of vacation days"*

Amaranth 9-12, President 10-12; Concert Choir 12; Italian Club 11-12; Italian Honor Society 11-12; National Honor Society 11-12

ALYSSA MUSARRA



*"Playing it safe and taking no risks is a shortcut to unhappiness" - Jordan Belfort*

Art Club 9-12; National Art Honor Society 11-12; Cross Country 9-10; Girls' Lacrosse 10; Model UN 11-12; National Honor Society 11-12; Relay for Life 9-10

MICHAEL MUTNICK



*"Those who dare to fail miserably can achieve greatly." -JFK*

Concert Choir 10-12; Marching Band 9-12, Drum Major; NHS 11-12; Orchestra 11-12; Paramus Productions 9-12, President; Premiers 10-12; Symphonic Band 9; Track & Field (Spring) 9; Tri-M 11-12; Wind Ensemble 10-12

JUSTINE MYACK



*"Sometimes you will never know the value of a moment until it becomes a memory" -Dr. Seuss*

HAYLEY MYSLIWIEC



*"Life isn't about how to survive the storm; it's about learning to dance in the rain." -Taylor Swift*

# Class of 2019



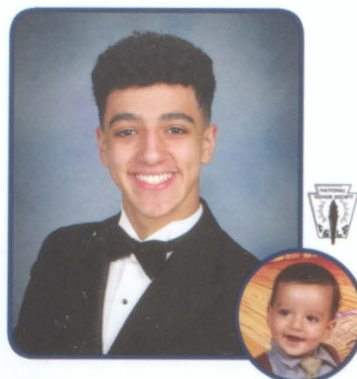
TARA NAHAS



*All we have to decide is what to do with the time that is given us. - J. R. R. Tolkien*

Amaranth 10-12; Italian Club 11-12; Italian Honor Society 11-12; Pure Hearts 11; Red Cross 11-12

MARK NASHED



*"It is finished." - Jesus*

Boys' Soccer 9; Harvesters (Christian Studies) 10-12; HOSA 11-12, Manager; Interact 10-12; National Honor Society 12, Treasurer; Relay for Life 11-12; STEM 11-12; Swimming 9-12, Varsity Captain

KARINA NASRETDINOV



*The tongue is only silver because the ears are truly gold.*

Amaranth 11-12; Art Club 11-12; Concert Choir 12; Marching Band 12; Orchestra 12; Symphonic Band 12; Video Game Club 10-12, President 12

SAKINA NATHOO



*Know from where you came to know where you are going.*

DECA 9-10; Freshman Class Treasurer; Tennis 9-12, Varsity Captain 12; NHS 11-12; Pure Hearts 9-12, President 11-12; Red Cross 9-12; Spanish HS 11; Spanish Club 11; Student Gov. 9-10; UNICEF 9-10

HARUKA NAWANO



*"Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow." - Helen Keller*

Crochet for Charity 11; ESL Honor Society 11-12, Co-President; Girls' Basketball 10-12; Girls' Tennis 11; Interact 11

SAKI NISHIKORI



*"Wait for me, I got little legs!" - Full House*

German HS 11; HOSA 12; Interact 9-12; Band 11-12; NHS 11-12; Orchestra 9-12, Pres. 12, Concert Master 12; String Ensemble 9-12; Student Gov. 12; Track & Field (Spring) 10; Tri-M 11-12; Winter Track 9; String Quartet 10-12

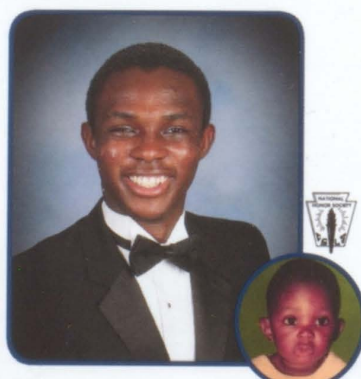
CONOR O'BRIEN



*"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit." - Aristotle*

Boys' Soccer 9; Cross Country 10-12, Varsity Captain 12; Interact 10-12; Italian Club 11-12; Italian Honor Society 11-12; NHS 11-12, President 12; Student Ambassadors 10-12; Track & Field (Spring) 9-12; Winter Track 9-12

OLUWATOYOSI ODUSOLA



Boys' Soccer 9-12; DECA 10; Model UN 10; National Honor Society 11-12; STEM 11-12

ANNABEL OLMO



*"...he who began a good work in you will carry it on to completion" - Philippians 1:6*

National Art Honor Society; National Honor Society



ALEXA PAGNOZZI



*I need to be successful because I'm high maintenance*

Cheerleading 9-10; Competition Cheerleading 9-10; Italian Club 9-11; Wrestling Manager

STEVEN PALADINO



*You could catch a lot of flies with honey, but you catch more honeys bein fly.*

CAMILLA PALOMBO



*be fearless in the pursuit of what sets your soul on fire. -unknown*

Girls' Tennis 9; Italian Club 9-12, Vice President; Italian Honor Society, VP 11, Pres. 12; Premiers 11-12, Secretary; Spring Musical 9-12; Tri-M Honor Society 12

GREG PARRA



Boys' Lacrosse 10-12; Football 9,12

ANERI PATEL



*Me everyday @ school : "Oh! I didn't know it was happy hopping moron day"*  
-Squidward

DECA 9-12, VP, ERASE 9-10,12; HOSA 11-12; Interact 9-10; Library Volunteers 9-12; Model UN 9-12; NHS 11-12; Red Cross 9; Relay 9-12; Spanish HS 11-12; Spanish Club 11-12; Winter Track 10

GAURI PATEL



*"People say nothing is impossible, but I do nothing everyday."*- Winnie the Pooh

Interact 9-12; National Honor Society 11-12; Red Cross 10-12; Sociedad Honoraria Hispanica 11; Spanish Club 11; UNICEF 9-12

MIT R. PATEL



Jazz Ensemble 11-12; Marching Band 9-12; National Honor Society 11-12; Symphonic Band 9; Tri-M Honor Society 11-12; Wind Ensemble 10-12

PRATIK PATEL



Track & Field (Spring) 9; Winter Track 9

PREM PATEL



*I procrastinated this and well, here's my quote.*

HOSA 11; Red Cross 9-10

# Class of 2019



SHRIYA PATEL



*They save the best Patel for last*

Concert Choir 9-12; ERASE 9-12; German Club 11-12; German Honor Society 11-12; Girls' Basketball 9-12; HOSA 12; Interact 10-12; National Honor Society 11-12; Red Cross 10

ANDREW PATTERSON



MICHELLE PAWLOWSKI



*"Who in the world am I? Ah, that's the great puzzle." -Lewis Carroll*

Amarath 9, 11-12; Italian Club 11-12; Italian Honor Society 11-12; National Honor Society 11-12; NJ Science League 11; Red Cross 10-12; Ski & Board Club 9, 11-12

SAMANTHA PECORARO



*Cope and Continue, because without coping, there is no continuing.*

Cheerleading 11-12; Competition Cheerleading 11; DECA 10-12; Neighbors Helping Neighbors 9-12; Volleyball 9-10

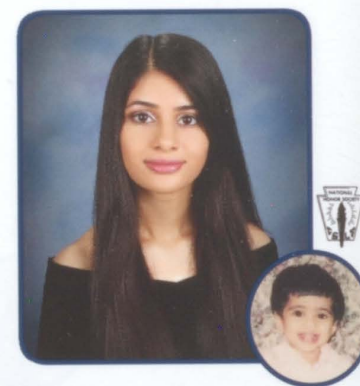
GRACE PEREZ



*I may not have gone where I intended to go, but I think I have ended up where i needed to be- Douglass Adams*

Concert Choir 9, 11-12; Lacrosse 11-12

CAROL S. PETER



*The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? -Psalm 27:1*

DECA 9-12; ERASE 9-10; Class Secretary 9-10; German 9-11; Basketball 9-10; Interact 10-12; NHS 11-12; Amassadors 10-12; Tennis 10; Harvesters 9; HOSA 11; Student Government 9-10

JOEY PETTINEO



*Real G's move in silence like lasagna*

Wrestling 9-12

MARCOS POALASIN



ISABELLA POWERS



*Let's get this bread*

National Art Honor Society 12; German Club 9-11; German Honor Society 11; GSA 11-12; Model UN 10-12; National Honor Society 11-12; Operation Goody Bag 9-12; Ski & Board Club 9, 11-12



STEVEN PRADO



*"It doesn't matter what people say, all that matters is what happens at the end of the night"*

Football 9-12

NIKOLE PRISENDORF



*"Step with care and great tact. And remember that life's a great balancing act."*  
- Dr. Seuss

Bowling 11-12; Concert Choir 10-12;  
Girls' Lacrosse 10; Interact 11-12; Tri-M  
Music Honor Society 11-12;  
Volleyball 9-12

MANSI PUJARA



*"Sometimes you will never know the value of a moment until it becomes a memory."*  
- Dr. Suess

Concert Choir 9-10; Girls' Tennis 9-12;  
NHS 11-12; NJ Science League 11; Pure  
Hearts 9-12, Secretary 10-12; Red Cross  
9-12, Secretary 10-11; Spanish Honor  
Society 11; Spanish Club 11

ASHLEY E. QUINONES



*"The future belongs to those who believe in the beauty of their dreams."*  
- Eleanor Roosevelt

Operation Goody Bag 9-11; Prom  
Committee 12; Ski & Board Club 12

HANIN RACHKO



*Just take the chance. Just believe and things will happen.*

ROBERT RAMIREZ



*"Confidence is a stain people can't wipe off"* - Lil Wayne

ANJALI RANA



*"If you focus on what you left behind, you will never see what lies ahead"*  
- Gusteau, Ratatouille

Girls' Tennis 9-12; Interact 9-12,  
Secretary 12; Class Secretary 11-12; NHS  
11-12; Spanish HS 11-12; Student  
Ambassadors 9-12; Senate 10-12,  
Secretary; UNICEF 9-12, President 12

TALAAR RASTGUELENIAN



*"Commit to the Lord whatever you do, and your plans will succeed."* Proverbs 16:3

Art Club 9-12; Concert Choir 9-12;  
Harvesters 9-12, VP 11, President 12;  
NHS 11-12; Premiers 12

ROBERT RENN



*If idiots could fly this place would be an airport*

Boys' Lacrosse 9-12; Football 9-12

# Class of 2019



JONATHAN REVEILLE



*"A day without out a friend is like a pot without out a single drop of honey left inside" ~ Winnie The Pooh*

Golf 9-12, Varsity Captain 11-12; Ice Hockey 9-12, Varsity Captain 12

JULIO C. REYES, JR.



*I do believe that it's time for another adventure*

THOMAS J. RIORDAN



*The last four years are why my kids will be homeschooled.*

History Quiz Bowl 12

KAITLYN RIZO



*But without darkness we would never get to see the stars*

Cheerleading 9-12, JV Captain; Competition Cheerleading 9

TJ RODRIGUEZ



*"Let the birds talk" - Trippie Redd*

Boys' Soccer 9-11, JV Captain; Wrestling 11

JULIANNA RODGERS



*"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." -Ferris Bueller*

HOSA 11-12; National Honor Society 11-12; Orchestra 9-12; Red Cross 9-12, Secretary

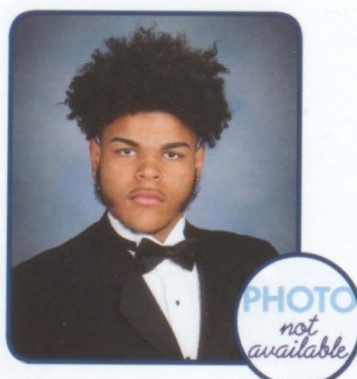
RACHAEL ROMAGLIA



*"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt*

Girls' Lacrosse 9-12; Girls' Soccer 9-12; Interact 11-12; Italian Honor Society 11-12; NHS 11-12, VP; Operation Goody Bag 9-10; Relay for Life 9-12

JOEL ROSARIO



KAILYN ROSSI



*"Born wit all this drip like I came out a faucet"*

Girls' Soccer 9-10; Ski & Board Club 12



ANTHONY J. RUSSO



*"Happiness lies in the joy of achievement and the thrill of creative effort."  
~ Franklin D. Roosevelt*

National Art Honor Society 12; National Honor Society 11-12; Paramus Productions 12; Student Ambassadors 10-12

TYLER RUTMAN



*"Every accomplishment starts with the decision to try" - JFK*

Ski & Board Club 9-12

MANAMI SAITO



*"Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion." - Martha Graham*

ESL Honor Society 11; Marching Band 12; Spartanettes 10-12; Dance Honors Society 12; Symphonic Band 11; Tri-M Honor Society 12; Wind Ensemble 12

BELAL SALEH



*"Cheaters never win but I just graduated"*

NICK SALLEMI



*"Nothin' lasts forever but at least we got these memories" - J. Cole*

Boys' Soccer 9-12

NICOLE SAM



*"We didn't realize we were making memories, we just knew we were having fun." - Winnie the Pooh*

Interact 9-12; National Honor Society 11-12; STEM 11-12; Swimming 11-12; Track & Field (Spring) 11-12; Volleyball 9-12, Manager 11-12

# Class of 2019

JONATHAN M. SAMUEL



*"High School is finished, And God saw that it was good."*

Boys' Soccer 9-12; HOSA 11-12; Interact 11-12; National Honor Society 11-12; Orchestra 9-12, VP; Track & Field (Spring) 11

JOSHUA SANCHEZ



*"Don't Ever Play Yourself" - DJ Khaled*

Boys' Basketball 10-12; Football 9

JONATHAN SANGER



*"Let's see if soccer can take me somewhere"*

Boys' Soccer 12; DECA 12



MANSI SANGHVI



*"We're adults. When did that happen?  
And how do we make it stop?"  
- Grey's Anatomy*

Girls' Tennis 10-11; HOSA 11-12;  
National Honor Society 11-12; Red Cross  
10-12; Swimming 9

FRANCESCA SAPIGA



*"High school taught me if there's a will  
there's a way, if there's a quizlet  
there's an A."*

German Honor Society 11-12; Lacrosse  
10-11; Relay for Life 10-11; Ski & Board  
Club 11-12; Swimming 9-12, Captain

DANIELLE SCALERA



*"Don't put anything in your yearbook that  
you'll regret later." - Dad*

Paramus Productions 11-12, VP 12;  
Pure Hearts 11

ALICIA SCALTRO



*"After my 12 years of education I still don't  
know how mortgage or taxes work but hey,  
at least I know about the cells inside a leaf."*

Italian Club 10-12; National Honor  
Society 11-12

NICOLE SCHOONHEN



*"They say that good things take time. But  
really great things happen in the blink of an  
eye." -Hannah Montana*

Book Club 9; Comp Cheer 9-12;  
Lacrosse 9-12; Soccer 9-10; Interact 11-  
12; NHS 11-12; Neighbors Helping  
Neighbors 11-12; Ski & Board Club 9-10

SOPHIA SCHULTZ



EMILY SCHWARTZ



*"If we wait until we're ready, we'll be  
waiting for the rest of our lives."  
-Lemony Snicket*

NHS 11-12; Red Cross 9-12, Treasurer 11-  
12; Sophomore Class VP; Sociedad  
Honoraria Hispanica 11; Spanish Club 11

MICHAEL SCOTT



*"If you ain't been apart of it at least you got  
to witness"*

Boys' Basketball 9-11; Boys' Soccer 9-12;  
Interact 11-12; National Honor Society  
11-12; Student Ambassadors 9-12

KATHERINE SCULLOS



*"Do not go where the path may lead; go  
instead where there is no path and leave a  
trail" -Ralph Waldo Emerson*

History Travel Club 11; Concert Choir  
9-10; Jazz Ensemble 9-12; Marching  
Band 9; NHS 11-12; Sociedad Honoraria  
Hispanica 11; Symphonic Band 9; Tri-M  
11-12; Treble Choir 11-12



ANTHONY SEBAHIE



Boys' Lacrosse 11-12; Wrestling 9

GEORGE SECOR



*I hate when I buy a salad and drive home only to realize my salad is a baconator triple.*

History Quiz Bowl 11; Swimming 9-12

ALLISON SEMINSKI



*"In the end, we only regret the chances we didn't take"- Lewis Carroll*

Interact 10-12; Operation Goody Bag 9; Relay for Life 9-11; Volleyball 9-10

DELIA ROSA SETOLA



*"The only thing to fear is never being scared"*

Bowling 10-12; DECA 10-12, VP 11-12; Interact 10-12; National Honor Society 11-12; Volleyball 9-12

CAROLINE SHEN



*I was probably the slow walker you were complaining about*

Bowling 10-12; DECA 10-12; HOPE 9-12; Interact 10-12; Track & Field (Spring) 11-12; Volleyball 9-12, Captain

DAVID SHIN



*Nothing but the best - Sinatra*

Track & Field (Spring) 10-12; UNICEF 9-10; Winter Track 11

# Class of 2019

DANIEL SHINKORENKO



*God gave us the gift of life; it is up to us to give ourselves the gift of living well.*

Cross Country 10-12; Harvesters (Christian Studies) 9; National Honor Society 11-12; Swimming 9-12; Track & Field (Spring) 9-12

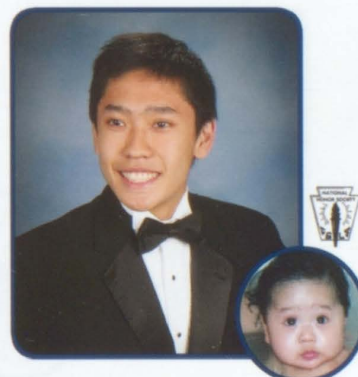
DAVID SHINKORENKO



*"Just remember, you can't climb the ladder of success with your hands in your pockets"*

Cross Country 10-12; DECA 11-12, VP 12; National Honor Society 11-12; Swimming 9-12; Track & Field (Spring) 9-12

RAY SHINOHARA



*"2 wheels > 4 wheels" - Leonard*

Book Club 10; Boys' Basketball 9; Boys' Soccer 9-12; Interact 10-12; NHS 11-12; Ski & Board Club 9



SALEEM SHQAIR



*"When people succeed, it is because of hard work. Luck has nothing to do with success."*  
- Diego Maradona

Boys' Soccer 9-12, JV Captain; Co-Exist 9; UNICEF 9; Wrestling 9

NOELLE SIEKMANN



*Choose love and don't ever let fear turn you away from your playful heart. - Jim Carrey*

Italian HS 11-12, Sec. 12; Marching Band 9-12, Sec. Leader 12; NHS 11-12; Pure Hearts 10-11, VP 11; Relay for Life 10-12, Co-Chair 12; Symphonic Band 9-10, Sec. Leader 10; Tri-M 1-12, Treasurer 12; Wind Ensemble 11-12, Treasurer 12

HIMATJEET SINGH



*they don't think it be like it is, but it do*

Boys' Soccer 9-11; Track & Field (Spring) 10-12, Varsity Captain; Winter Track 11-12, Varsity Captain

JASDEEP SINGH



*You can't live your life in fear, push yourself*

Neighbors Helping Neighbors 11

ZACHARY SOBELMAN



*This school is a load of barnacles*

Boys' Tennis 9-12, Varsity Captain; DECA 12

JOHN SONG



*End it all.*

Boys' Tennis 9-12, JV Captain, Varsity Captain; Math Club 9-12; National Forensic League 9-12, VP

TANIYA SOOD



*"You don't have to be the best at what you do; you just have to be the happiest."*  
- Jenna Marbles

German Club 9-12; German Honor Society 11-12; Girls' Tennis 9-10; Model UN 9-12; National Honor Society 11-12

KIRSTEN SPIVAK



SARAH SPIVAK





SOPHIA STANLEY



*"For what it's worth: It's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start over."* - F. Scott Fitzgerald

ERASE 9; Christian Studies 9-12; Harvesters 9-12; NHS 11-12; Pure Hearts 11-12; Red Cross 11-12

ANDREW TA



*"Live today like you're going to die tomorrow"* - Irelia

Cross Country 9; Red Cross 10-12; Spring Track & Field 10; Winter Track 12

MACIE STELLA



*"Our lives are before us. Our paths are behind us. But our memories are forever with us."*

Neighbors Helping Neighbors 11-12; Volleyball 9-10; Yearbook 12

MICHELLE TA



*"If I'm the Sun, you're the Moon. Because when I rise, you go down."* - BTS Min Yoongi, Cypher Pt2

Culinary Competition 11-12; Girls' Tennis 9-11; Hand in Hand 9-10; Red Cross 10-12; Kpop 9-11, VP

EVAN SU



*"Who, in the rudy poo are you?"* ~Theodore Rockefeller

MAI TAGUCHI



*"Whatever you do, do it well."* Walt Disney

Spartanettes 10-11

CARRA TANGREDI



*"If you keep on believing, the dream that you wish will come true"* - Cinderella

Bowling 11-12; Interact 11-12; National Honor Society 11-12; Red Cross 10-12; Student Government 12; Volleyball 9-12

DAVID TANGREDI



*"A dream doesn't become reality through magic; it takes sweat, determination and hard work."* - Colin Powell

Golf 11-12; Interact 9-10; National Honor Society 11-12

GOVINDA TANIKELLA



*Farewells are hard, but this one's easy.*

DECA 9-12, VP 11-12; Fed Challenge 10-12; Math Club 9; Model UN 9-12, Sec 11, Pres 12; Forensics 11-12, VP 12; NHS 11-12; Odyssey of the Mind 9-12, VP 11-12; Relay for Life 11-12; STEM 9; UNICEF 9

# Class of 2019



NICHOLAS TARABOCCHIA



*"Either you run the day, or the day runs you." Jim Rohn*

Football 9-12, Captain

RAFAEL O. TAVAREZ



*"You are braver than you believe, stronger than you seem, and smarter than you think." Christopher Robin, Winnie the Pooh*

Italian Club 10-12

SGT



*I would just like to apologize to those who were unable to graduate with the class 2018 because they were too distracted by my midriff and consequently failed all of their classes!*

Concert Choir 9, 11-12; DECA 9; Fall Play 10-12; German Club 9-11; GSA 9-12; Library Volunteers 10; Musical 9-12

YSABELLA S. TITI



*girl go to work - Pink Champagne by Nick Lopez*

Italian Club 10-12; Italian HS 11-12; Junior Class VP 11; Model UN 10-12, Pres; NHS 11-12; Student Amadors 10-12; Stu Gov 11-12

COLLIN TOFTS



*"A ship in harbor is safe, but that is not what ships are built for." - John Augustus Shedd*

History Quiz Bowl 9-12, Pres, Varsity Captain; Italian Club 9-12; Italian Honor Society 11-12; Model UN 10; NHS 11-12, Sec; NJ Sci League 10-12; STEM 9-12

HAGOP JACK TOROSSIAN



*There's only two dudes better than me and I'm both of them -Lavar Ball*

MELANIE TORRES



*"A pessimist sees difficulty in every opportunity and an optimist sees an opportunity in every difficulty" - Winston Churchill*

TYLER TREBOUR



*"It's the only life you got so you gotta live it big time." -Big Time Rush*

National Art Honor Society 12; Concert Choir 9; GSA 9-12, Sec 11; Paramus Productions 9; Volleyball Manager 9-10; Kpop 9-12, Pres 11-12

MILAN TRIVEDI



*Here's to another four years of test answers and online summaries*

XC 9-10; DECA 9-12, VP; HOPE 11; HOSA 11; Model UN 10-12; NHS 11-12; NJ Sci League 11; OM 10-11; Pure Hearts 10-12, VP; Relay for Life 11; STEM 10-12; Track & Field (Spring) 9-11; UNICEF 9



PATRICK TSAI



*I spent more time thinking of a quote than I ever did on studying*

Tennis 9-12, Captain 12; Cross Country 12; German Club 9-12; German HS 11-12; Model UN 9-12; NJ Sci League 11; Senior Class VP 12; Student Gov 12; UNICEF 9-12, VP 11, President 12

ANDREW TSE



*"Successful people always go above and beyond"*

Tennis 9-10; Red Cross 10-12; Spring Track & Field 11; Winter Track 11

GIANNA TUCKER



*"Don't count the days, make the days count." - Muhammad Ali*

Cheerleading 9, 11-12, Captain; Italian Club 12; Italian Honor Society 11-12; NHS 11-12

JESSICA TURTON



*"You may not always end up where you thought you were going, but you will always end up where you are meant to be."*

Yearbook 12

VINAYAK VALLABHANENI



*That wasn't so bad*

Orchestra 9-12

ALEXANDER VASQUEZ



*"They hate us cause they ain't us" - James Franco*

DELIANNY VAZQUEZ



*"I'm In a state of total euphoria"*  
Brooklyn Nine-Nine, Captain Holt

Art Club 11; NAHS 12; Choir 9; Basketball 9, 11-12; Tennis 9-12; Golf 10-12, Captain; GSA 9-12; Hand in Hand 9; Harvesters 10-12; He Said, She Said 9; Italian Club 9-10; PAWS 9; Pure Hearts 10; Red Cross 9, 11

KIMBERLY VELIKY



*"People are gonna talk whether you doing bad or good"*

Ski & Board Club 9-10; Softball 9-10

SAMANTHA VENTURA



*"Time flies. Time waits for no man.  
Time heals all wounds.  
All any of us wants is more time.  
Time to stand. Time to grow up.  
Time to let go. Time"*  
- Grey's Anatomy

# Class of 2019



TRISHA VOHRA



*"Not up in here!" - Officer Franklin, The Hangover*

OLIVIA VOORHIS



*"As you grow older, you'll discover that you have two hands: one for helping yourself, the other for helping others."*  
-Audrey Hepburn

Girls' Basketball 9-12, Captain 11-12;  
Girls' Lacrosse 9-12, Captain 12; Girls'  
Soccer 9-12, Captain 12; National  
Honor Society 11-12

LAIBA WARAICH



*"Mirror mirror on the wall, I'll always get up after I fall. And whether I run, walk or have to crawl, I'll set my goals and achieve them all."*

ERASE 9; Pure Hearts 10-12

JULIA WARBURTON



*"You can't go back and change the beginning, but you can start where you are and change the ending."* C. S. Lewis

Soccer 9; Softball 9-11; Varsity Cheer 11;  
Neighbors Helping Neighbors 9-12

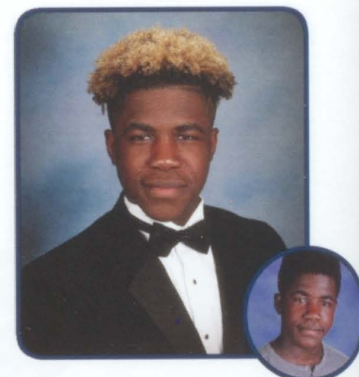
LAUREN WERNER



*"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."* - Albus Dumbledore

National Art Honor Society 12; Book  
Club 9; Culinary Competition 11-12;  
CSA 9-11, Treasurer 11; National  
Forensic League 9-11; Paramus  
Productions 9-11; Relay For Life 12

KASHANE WHITE



DAVID WISER



*"I don't know half of you half as well as I should like, and I like less than half of you half as well as you deserve."* -Tolkien

Bowling 9-12; Culinary Competition 11-12; DECA 9; German Club 9-11; German Honor Society 11; Model UN 11-12; NHS 11-12; STEM 10,12

ALLISON WONG



*"The funny thing is, all my friends are short. I wasn't aware of tall people till I got to high school. I didn't know they existed. I was sheltered."* - Kevin Hart

Art Club 9-12; Bowling 9-12; Cross Country 9-12; NHS 11-12; Orchestra 9-12; Student Ambassadors 10-12, Track & Field (Spring) 9, 11-12

GEORGIA WORDEN



*"And I was just sitting there like, ughhhhhhhhhhhhh. Ya know, life?"*  
- John Mulaney

National Art Honor Society 11-12, Pres 12; Girls' Soccer 9-11; NHS 11-12



DAE WOONG YANG



*"Don't stay still, Make a move. Change what you want to change."*

Harvesters (Christian Studies) 10-12; Interact 12; Red Cross 10-12; Track & Field (Spring) 10-12; Winter Track 10-12

STEVEN YEUNG



*"Each new day is a new opportunity to improve yourself. Take it and make the most of it."*

Cross Country 10-12; NHS 11-12; Red Cross 9-12, VP 10-12; STEM 11-12; Track & Field (Spring) 9-12; Winter Track 10-12

DENISE YILDIRIM



*"You wouldn't get it, it's a Turkish thing."*

Concert Choir 9-12, President; Play 11-12; German Club 9-12, Pres.; German HS 11-12, Pres.; GSA 11; NHS 11-12; Premiers 11-12, Pres.; Relay for Life 9-12; Spartanettes 10; Musical 9-12; Tri-M Honor Society 11-12

BRANDON YIP



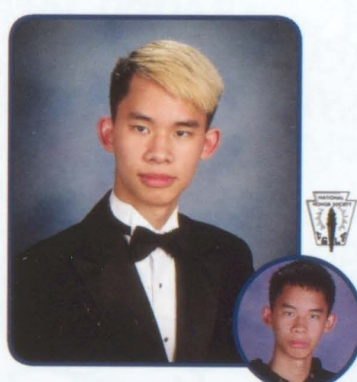
Track & Field (Spring) 9-12; Winter Track 10-12

JOSEPH YOON



Marching Band 9-12; UNICEF 9-10

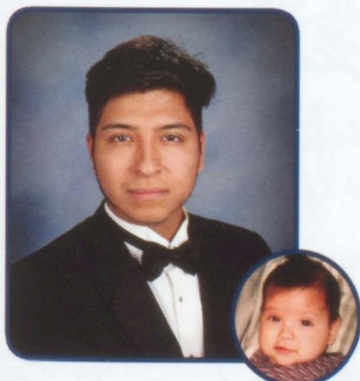
BYRAN YOU



*wind clouds and rain*

German HS 11-12; History Quiz Bowl, Pres., Capt.; Math Club 9-12, Pres.; National Forensic League 9-12, Pres.; NHS 11-12; NJ Science League 9-12; Orchestra 9-12, Sec., Treas., Section Leader; String Ensemble 9-12, Section Leader; Tri-M 11-12; UNICEF 9-12, VP

SEBASTIAN ZAMBRANO



# Class of 2019



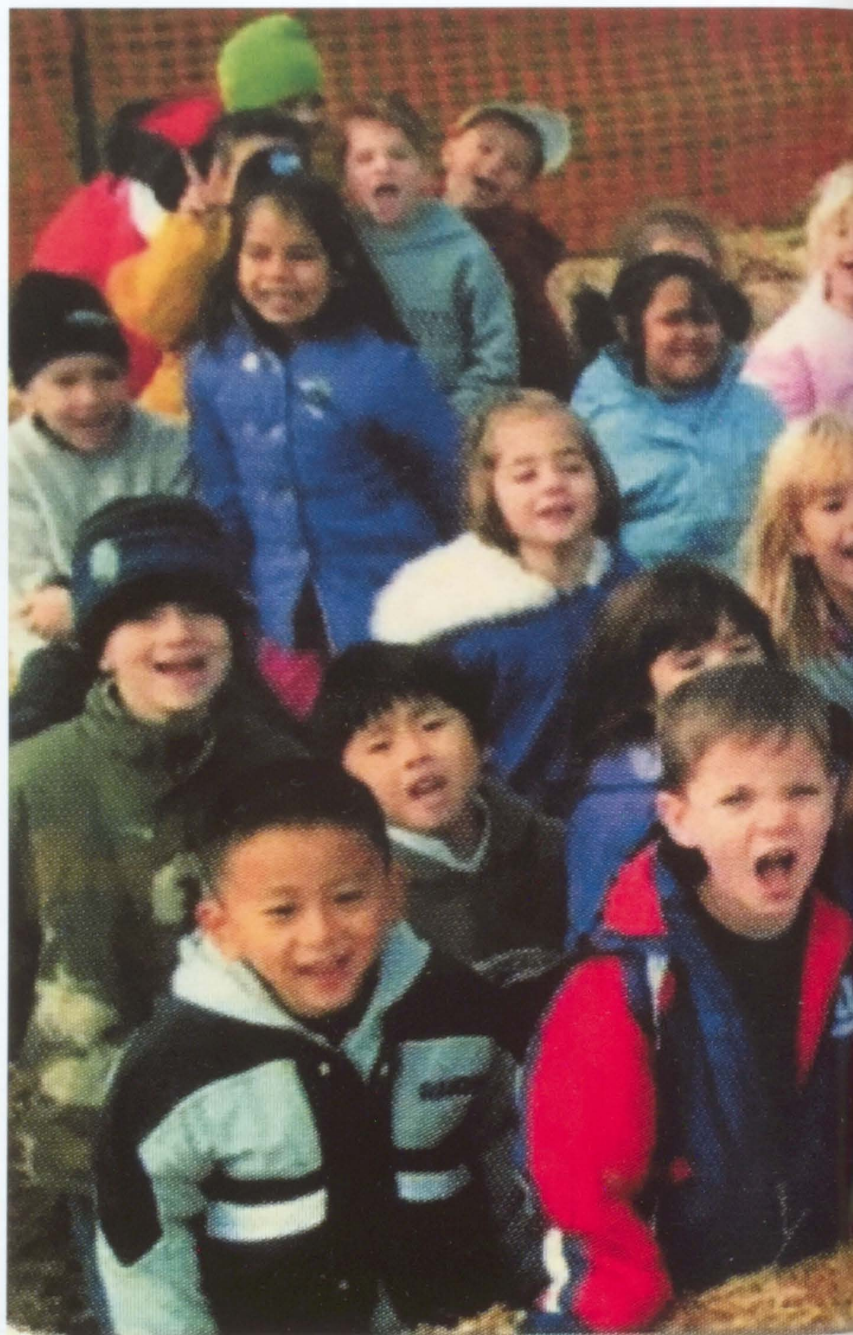




Kim Veliky Nicole Buccola  
Briana Koutros Nicholas Karounos J. Sanga  
Roheen Hanife Marielina Malabi  
Julia Warburton Mohammed Ali  
Matthew Davidson Yiren Jung  
Michelle Paulowski Julianna Rogers  
Katie Horne Rael Kim  
Talaar Rastguelian Kieran Coccaro  
Vichak Liciani Matt Bellinger Lois Kim  
Joshua Sanders David Rangredi  
Josh Chung Gloria Arapi  
Sophia Espinosa TJ Rodriguez  
Christian Alonso Chloe Colmenares  
Lauren Hamlett W. Macayan  
Olivia Voorhis Peter Atie  
Enrique Medina  
Sophia Schultz Megan Hahn  
Denise Yildirim  
Shahzaib Khan Alexander  
Danielle Carillo  
Scatera  
Georgia Mallios  
Tara Nahas  
Joohee Kim  
Victor Chavez  
Nicole Georgatos  
Samantha Ventura  
Jenna Frontauria  
Caitlyn Calupad  
Zach Solomon  
Ryan Collins  
Mia DelVigio  
Gianna DePaio  
1.  
Imp. Kichang  
David Shin  
David Shinkank  
Lima Curian  
David Shinkank  
Niko Karagiorgou  
Emma Bessen  
Another Sange

Lonor O'Brien





Top Left: Nicole Sam, Julianna Rogers, Emily McCausland, Jenny Garino, Clare Donnelly, Ellie Doyle, Anjali Rana, Sakina Nathoo, Delia Setola, Alexis Lesser, Carra Tangredi

Collin Tofts, Joseph Marra, Chloe Colmenares, Anum Ilyas

Jadon Lopez, Brian Golden, Alex Golden, Liam Massey, Conor O'Brien, Anthony Alliegro, Joseph Marra, Jonathon Hegg, David Wiser

Right Page: Asheeta Bothra, Sydney Mastropasqua, Nikole Prisendorf, Julianna Rogers and Rachel Yoo

Above: Grace Perez Georgia Mallios Despina Mallios Ashley Kashani Kayleigh Breen

Right: Stony Lane kindergarten class on a field trip to DePiero's Farm in 2006





# Then and Now



## Throwback Our Younger Days

ECC, Memorial, Midland, Parkway, Ridge Ranch, Stony Lane, East Brook, West Brook, or even out of district. No matter where or when you started, you have been an important part of our journey and whether we were together only a few months or 13 years, we will always be family, a Spartan family, and Paramus will always be our home.





We could not be prouder of all that the class of 2019 has accomplished over the past four years - through academics, athletics, and extracurriculars, we have all in one way or another made our mark on PHS. As high school ends and the next chapters of our lives begin, whether they be entering college, the workforce, the military, or other endeavors, we look back on all of the great memories we've made in high school. Each year we expanded our knowledge and developed our passions, and step by step, got closer to being ready to graduate. Having been in classes together and a part of the same clubs and sports teams, we feel confident that this class is more than ready to go into the world and achieve great things. We look forward to hearing about everything the class accomplishes in the years ahead, and wish you all the best of luck in life, wherever it may take you!

-Matthew Giannella, Ore Agoro, Patrick Tsai and Anjali Rana



# Tradition Senior Photo Day

October 19, 2018

*Kaitlyn, Macie, Talia,  
Sam, Gracie, Lailly,  
and Shayla*



Matt, McKenna, and Emily huddle up to stay warm on the brisk October morning.

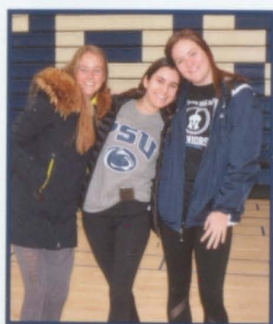
## Senior Group Photo from the Past

PHS Class of 1988



Posing on the Home Bleachers





*In or out of class, the seniors are always proud to represent their class in their shirts, which took the yearbook staff 3 days to sort and distribute!*



## Captions

A. CJ, Chloe, Josh, Ellie, SGT, and Francesca are excited for senior year.  
 B. Doing our best to make perfectly straight lines with 300 people!  
 C. Can't make the group photo? Make your own! Mrs. Touloughian's APES Class on a Field Trip on Senior Photo Day

D. Nicoke and Kaitlyn lean into the frame.  
 E. Friendships that last a lifetime with Joanna, Rachel, Nicole, and Alyssa  
 F. The final product: The class of 2019 kicking off their senior year together!





"Senior adviser Ms. Moran calls Senior Mania an electrifying fun competition that everyone enjoyed whether they are a senior or not."



"Senior Mania was a blast to watch and hopefully stays a Paramus High School tradition for a long time", acclaims Junior Emily Schatz.



"Senior Mania is a great way to celebrate not only senior year but a way to compete with your closest friends," said senior Joyce Ko, a member of the winning team the 'Lyons Kings.

# Senior Mania "Decades" February 22, 2019



**Second Place  
Russino's Clique**



**Moments from  
previous Senior  
Manias at PHS**



2001



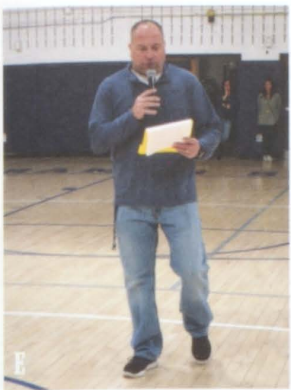
2009



**Winners  
The Lyon Kings**

Emily Mccausland, Joyce Ko, Kyle Cho, Daniel Holzmamm, Asheeta Bothra, Keya Mahtani, Caitlyn Calupad, Joseph Marra, Ethan Kwok, Noelle Siekmann





### Third Place Camp Collister



### Fourth Place Faley's Flappers



### Captions

- A Faley's Flappers racing to beat the other teams during a game
- B. The Clique having a blast during their "Grease" themed performance
- C. Mr. Jenkins and Ms. Moran at Senior Mania
- D. Mrs. Lyons and her team posed before one of the games

- E. Mr. Hay announcing the winner of the games
- F. All the teams pose together at the end of Senior Mania
- G. The Lyons Kings passing off the ball quickly to beat the other teams
- H. Faley's Flappers showing off their awesome dance moves

- I. Team Camp Collister emptying tissue boxes as fast as possible
- J. The Clique ready to take down the competition
- K. Ms. Faley dressed as a flapper for her team's routine
- L. Faley's Flappers passing the ball off during one of the games
- M. Camp Collister having a blast during the games





"It was such an incredible experience with me and my friends, I recommend it to any rising senior!"

-Marielina Halabi

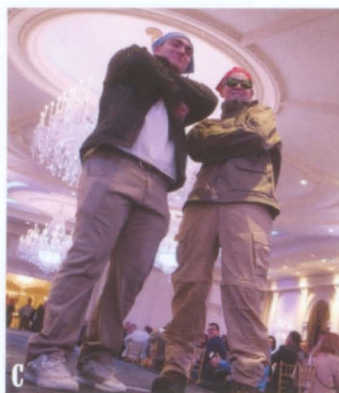


"The fashion show was a lot of fun and a great senior memory to look back on in the future!"

- Matthew Giannella



Clothes provided by Lord and Taylor, REI Co-Op, Macy's, and Biltmore Tuxedos!



# Fashion Show

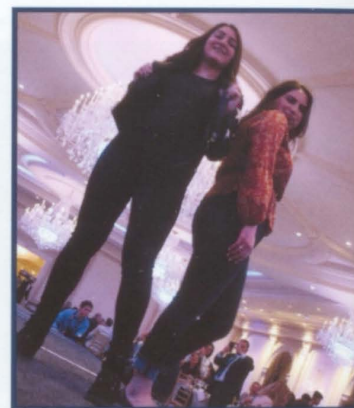
## The Rockleigh Country Club

March 21, 2019

### Modeled Clothing



Casual



### Previous Fashion Shows



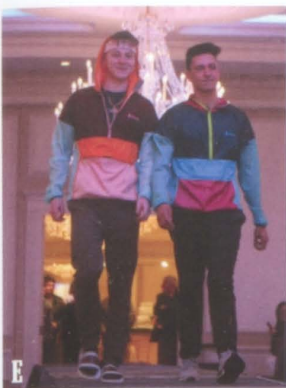
Front Row: Michael Scott, Cristian Guacci.

Second Row: Jonathan Reveille, Nicole Georgatos, Grace Babilot, Lailly Guimaraes, Talia Gerardi, Samantha Pecoraro, Shayla Barbalat, Kaitlyn Rizo, Macie Stella, Emma Bessen, Briana Koutros, Julia Warburton.

Third Row: June Kim, Mia Devizio, Kaitlyn Akroush, Ashley Quinones, Joanna Balestier, Kristina Damato, Rachael Romaglia, Ore Agoro, Samantha Ventura, Marielina Halabi, Lois Kim, Alyssa Musarra, Nicole Schoonhen.

Back Row: Nicholas Tarabocchia, Noelle Siekmann, Matthew Ivanicki, Conor O'Brien, Ysabella Titi, Asheeta Bothra, Delia Setola, Olivia Voorhis, Nicole Buccola, Matthew Giannella, Matthew Bellinger, Matthew Amato, Nicholas Karagiorgis, Robert Colonna, Gino Mongelli, Christian Alonso, Kieran Coccoaro.





E



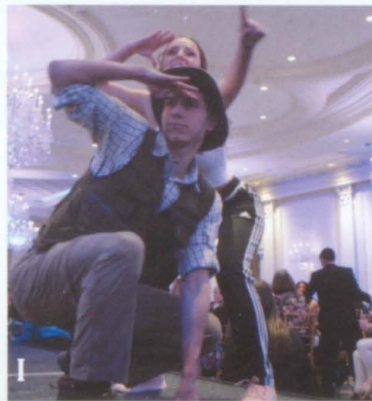
F



G



H



I

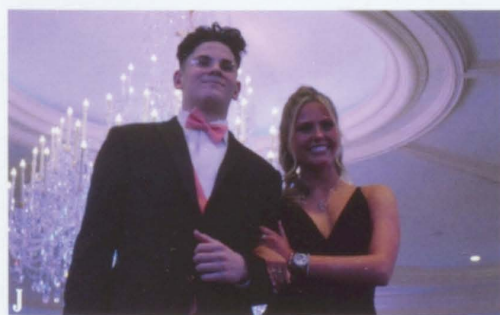
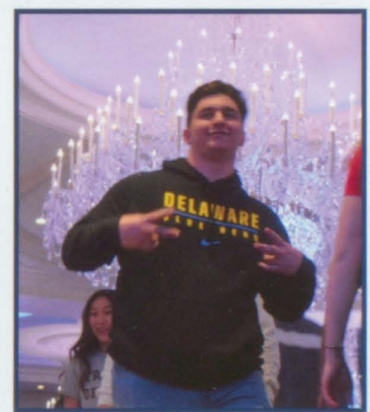
*Sportswear*



*Formal*



*College Apparel*



J



K



L



M

### Captions

- A. Olivia and Nicole modeling casual wear
- B. Jonathan, Ashley, and Nicole sporting their college apparel
- C. Matthew and Kieran striking a pose
- D. Matthew and Nicole smiling for the cameras

- E. Michael and Matthew modeling sportswear
- F. The gorgeous Rockleigh Country Club
- G. Mia modeling in a beautiful formal gown
- H. Nicholas and Steven posing for the cameras

- I. Nicole and Christian posing in their sportswear
- J. Cristian and Talia modeling in formal wear
- K. Nicole and Emma walking down in sportswear
- L. Joanna and Kristina posing hand in hand
- M. Samantha and Samantha walking the runway



# SENIOR SUPERLATIVES

## *Did Most for the Class*



**Matthew Giannella and Joe Marra**

## *Most Likely to Succeed*



**Rachael Romaglia and Conor O'Brien**

## *Most Ambitious*



**Sean Marrazzo and Justin  
Behnke**

## *Class Activists*



**Charlie McCayan and Isabella  
Powers**





# CLASS OF 2019

## *Friendliest*



**Nicole Schoonhen and Ore Agoro**

## *Best Friends*



**Mansi Sanghvi and Matthew McIntyre**

## *Best Friends*



**Claudia Gomez and Kailyn Rossi  
Gracie Babilot and Shayla  
Barbalat**

## *Best Friends*



**Dae Woong Yang and Ian Lopez**

Then  
and  
**NOW**



# SENIOR SUPERLATIVES

## *Class Athletes*



**Christian Alonso and Justin  
McKeon**

## *Class Artists*



**Caroline Shen and Richard  
Limbacher**

## *Vocal Musicians*

### **"Aura Lee"**



**Sarah Thomas and Katherine Scoullas**

## *Instrumental Musicians*



**Michael Mutnick, Kyle Cho and  
Saki Nishikori**





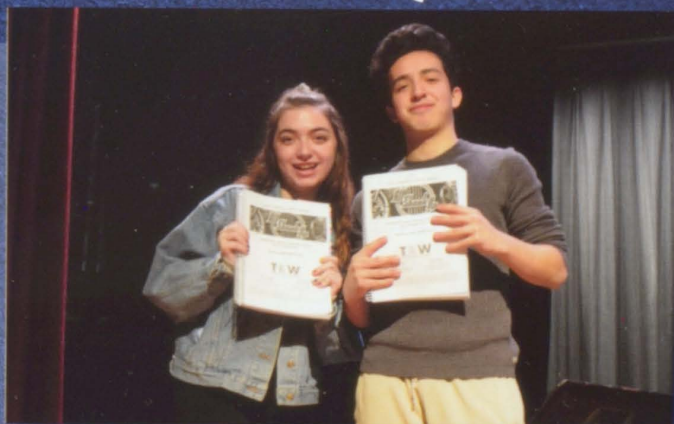
# CLASS OF 2019

## *Class Dancers*



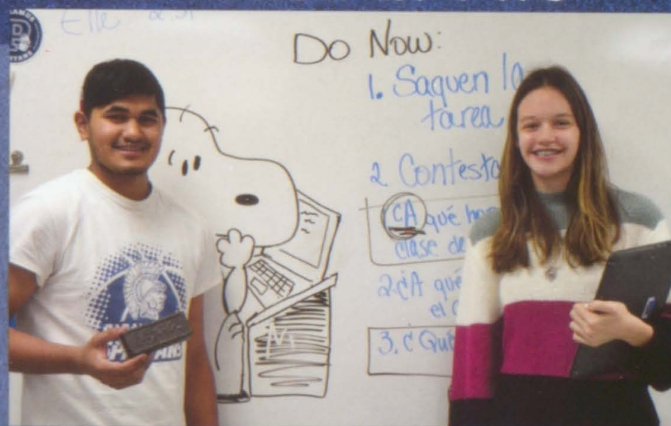
**Gianna Tucker, Mia DeVizio and  
Talia Gerardi**

## *Class Thespians*



**Katie Horne and Jadon Lopez**

## *Most Likely to Return to Teach at PHS*



**Shahzaib Khan and Carra  
Tangredi**

## *Most Innovative*



**Emily McCausland and Collin Tofts**

Then  
and  
**NOW**





# SENIOR SUPERLATIVES

## *Class Comedians*



**Josh Sanchez, Cristian Guacci and  
Gianna DePalo**

## *Class Chatterboxes*



**Anjali Rana, Anthony Alliegro, Niko  
Karagorgis and Jules Capone**

## *Most Contagious Laughs*



**Josh Holliday and Nicole Birdsall**

## *Most School Spirit*



**Nicole Georgatos and Briana Koutros**

Then  
and  
Now





# CLASS OF 2019

## *Greatest Names*



**Deejay Githinji, Talaar  
Rastquelenian and  
Oluwatoyosi Odusola**

## *World Travelers*



**Jenny Garino, Francesca Sapiga  
and David Kim**

## *Most Likely to Survive on a Deserted Island*



**Ray Shinohara, David Wiser, and  
Harrison Cahn**

## *Class Mom and Dad*



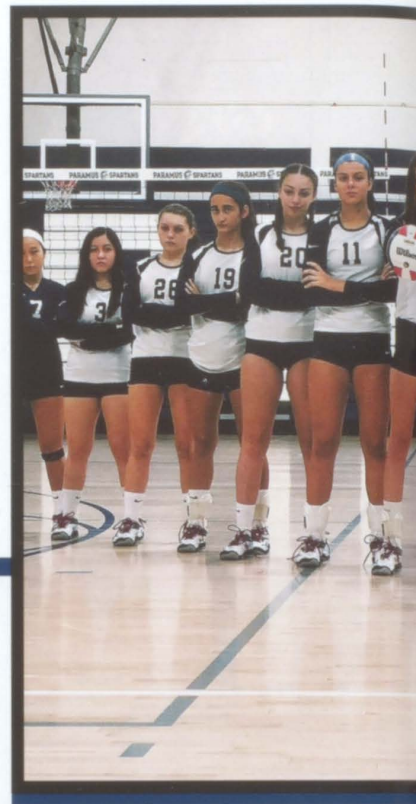
**Joanna Balestier and Mark Nashed**



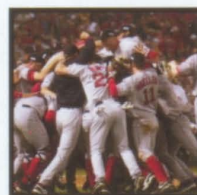
Then  
and  
**NOW**



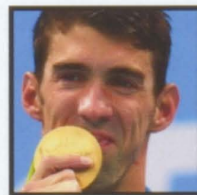
# ATHLETICS



## Best Sport Moments of the 2000s



Boston Red Sox  
win 2004 World  
series



Michael Phelps 2008  
Beijing Summer Olympics



Super Bowl XLII-  
New York Giants vs.  
New England  
Patriots





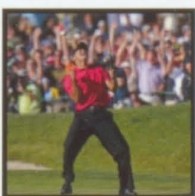


What does it mean to be an athlete? There's more to an athlete than being muscular, strong, and skillful. It's about inspiring others to strive for greatness; dedicating your time to put work in, day in and day out; pushing your body and mind to limits that you never envisioned; setting a goal, and training to get it done; challenging your mind and learning what it means to be on team; **Then** sharing a once in a lifetime experience with people who have the same passion. **Now**, we fondly look back at all the sweat, tears, laughs, and chants over the past 4 years.

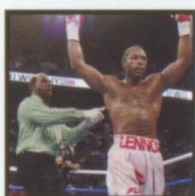
### Moments in Our Lives



2001 World Series Game: Arizona Diamondbacks vs. New York Yankees



Tiger Woods chip shot at the 2005 Masters



Lennox Lewis won against Mike Tyson in 8 rounds

# Sportsmanship





The Pep Rally is a tradition that PHS has had for many years. This year we were lucky enough to have both a fall and winter pep rally, where PHS got a chance to show their school spirit. The cheerleaders and band always perform for the school during the fall pep rally, but for the winter pep rally we got to experience the Spartanettes and the competition cheerleaders! We love going to pep rallies and seeing all the different sports and their teams walking out. This is a great tradition that the students at the school truly enjoy.

We hope that this tradition continues on for many more years so students have the chance to show their school spirit!



# Pep Rally

## Fall & Winter



### Then and Now



2008



2019



*The Seniors  
in  
Student  
Government*

*Anjali*



*Cara*







G



H



I



J



K



*Joseph*



*Keya*



*Ore*



*Patrick*



*Saki*



*Ysabella*



L



O



M



N

## Captions

A. Fall Cheerleaders performing their routine  
B. Boys' basketball begin to walk out  
C. Tug of War gets competitive between grades  
D. Choir sings the National Anthem  
E. Winter Track takes a break from sprinting to stroll

F. Swim dives into Pep Rally  
G. Seniors trying to win tug of war  
H. Comp Cheer hits their end pose  
I. Hockey uniforms look big without pads  
J. Manami leads the Spartanettes in the Greatest

Showman Routine  
K. Marching Band plays stand music  
L. Football powers through the banner  
M. Tony and Aaron lead the wrestlers out  
N. The basketball girls smile for a picture  
O. Team banners are made by student government





## 2018 Spartan Marching Band

Front Row: Joyce Ko, Michael Mutnick. Second Row: Megan Hahn, Sara Brzovski, Nicole Hom, Noelle Siekmann, Allie Cassella, Maya Ortiz, Rachel Kim, Natalie Morell, Jillian Scheef. Third Row: Julie Ribeiro, Joe Choi, Andrew Ho, Matt Davidson, Yoel Kim, Alice Ko, McKenna Leckey. Fourth Row: Stephen Roberts, Rebecca Choi, Emily Schatz, Justin Holliday, Rafy Nakhla, Brian Lee, Adrian Hisona-Espino. Fifth Row: Karina Nasretidinov, Andrew Lee, Brandon Lui, Michael Rivera, Tony Park, Mike Haines, Ariela Zonenashvili, Jon Ho, Kyle Cho. Sixth Row: Caitlyn Calupad, Gabe Pineda, Sarah Bernabe, Rylan Marquez, Greg Rivera, Ethan Kwok, Joe Marra, Logan Burrows. Seventh Row: Tommy Sheridan, Logan Kriebel, Danny Holzmänn, Simon Jang, Mit Patel, Noah Thomas, Ani Ekmekjian, Chelsea Chun, Manami Saito, Saki Nishikori, Aoto Takemura. Eighth Row: Maddie Franco, Anthony Alliegro, Andrew Quinones, Vincent Sciglitano, Lira Cariaga. Ninth Row: Rachel Meli, Jessica Grapentine, Sindhu Rayapaneni, Janya Mirpuri. Tenth Row: Tanvi Shah, Elana Lepishina, Michela Cafasso, Emma Meo, Angela Ospina, Irene Jang. Eleventh Row: Zach Clark, Keya Mahtani, Asheeta Bothra, Mr. Richard Cush, Ms. Chrysten Angderson, Mr. Mark J. Donellan, Mr. Robert Gizzi, Talia Kates, Sunny Yoo.



### Leadership

First Row: Mit Patel, Justin Holliday, Noelle Siekmann, Michael Rivera, Vincent Sciglitano, Danny Holzmänn. Second Row: McKenna Leckey, Talia Kates, Joyce Ko, Michael Mutnick, Asheeta Bothra, Caitlyn Calupad



### Color Guard

First Row: Lira Cariaga, Rachel Meli, Tanvi Shah, Angela Ospina, Janya Mirpuri, Maddie Franco, Sindhu Rayapaneni, Jessica Grapentine, Emma Meo. Second Row: Zach Clark, Irene Jang, Sunny Yoo, Asheeta Bothra, Talia Kates, Michela Cafasso, Keya Mahtani, Elana Lepishina

# Marching Band



Joyce  
Drum Major



Mike  
Drum Major



Anthony



Brian



Caitlyn





It has been a privilege to be your drum majors this year: every minute of hard work that we put in to the years of auditions was worth it to see this year's show come to life. There have been so many changes to marching band this season, and none of them would have worked out had it not been for the undying dedication and passion for marching band that every single member has. For the seniors: we have crossed our finish line. For everyone else: your finish line is in sight. Our four years have absolutely flown by. We have grown from scared freshman who were glued to our lyres during our first disastrous halftime show, to the seniors who are molding the future leaders of the Pride of Paramus. Standing up giving out our awards before Montclair this year, the only thing we could think of was that, 4 short years ago, we were sitting anxiously, a little bit confused, waiting to receive our capes. How quickly the time will come for every underclassman to see their time in this marching band be but a happy memory: enjoy every minute of it while you have the privilege to do so!

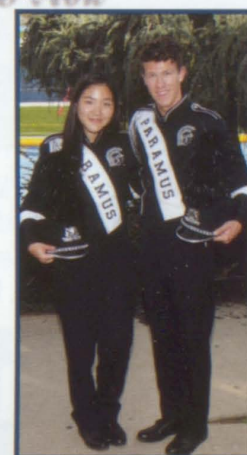
It has been a very long, hard season, with rain, cold, heat, and excessive wind, but you were able to pull through each and every practice and create an amazing show of which we are all extremely proud. We love you more than any cheers could ever express. No, no one said MetLife but we sure had a great run this year. May groovy baby, role model, OCAL, and Charles R. Fish live on forever, and may the seniors' legacy never graduate.

~Your loving drum majors, Joyce and Mike

## Captions

- A: Saxophones performing a horn pop
- B: Michael during his drum major run
- C: Kyle's amazing flugelhorn solo in "Open Arms"
- D: Angela smiling through her guard work
- E: Music in the Park's two-time best drum line
- F: Manami focusing on the marimba
- G: Talia catching her flag after a toss
- H: The sousaphones in the company front
- I: Rebecca holding her saxophone at perfect attention

## Then & Now



1966  
Uniform

2019  
Uniform

# Seniors



Danny



Ethan



Jessica



Joe



Jon



Karina



Keya



Kyle



Manami



Matt



McKenna



Megan



Mit



Noelle



Saki



Sarah

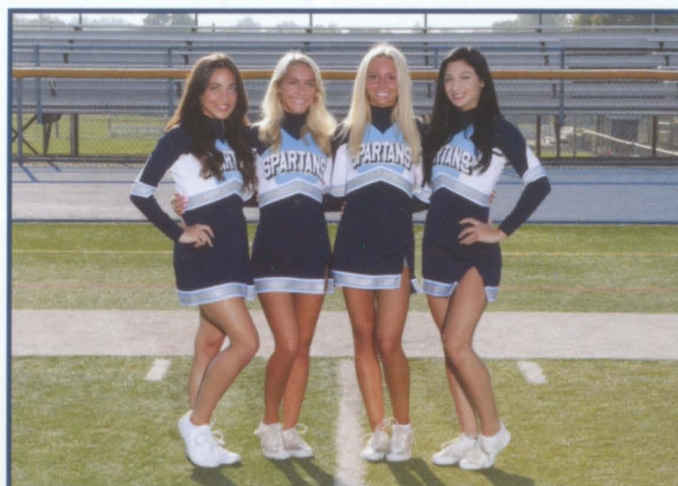




Front Row: Gianna Tucker, Grace Babilot, Shayla Barbalat, Gianna Cantone. Second Row: Lailly Guimaraes, Samantha Pecoraro, Giulia Mimmo, Alexa Maksym, Kaitlyn Rizo, Talia Gerardi. Third Row: Gianna Gazzolo, Lynette Santana, Ava Pappas, Marley Kiss, Rose Introna, Kylie Heron, Jamie St. Andrew. Back Row: Sabrina Kim, Ally Cooper, Riley Barbalat, Lucy Kennedy.



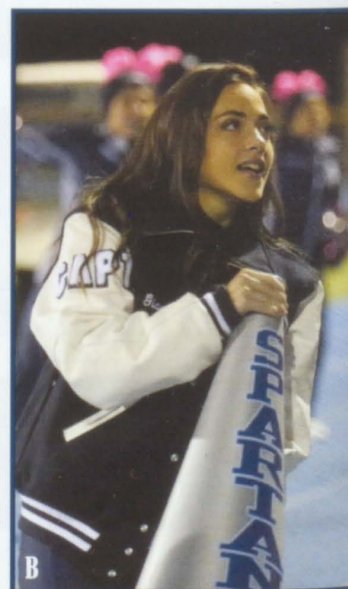
Front Row: Ariella Molina, Jenna Kutoroff, Isabella Gallipoli. Second Row: Esther Jang, Gabriella LaFerlita, Ava Pettineo, Gia Milazzo, Natalie Porto. Third Row: Delaney Collins, Jenna Arnone, Brielle Distler, Chelsea Rodriguez, Haruna Tomiyasu, Emily Saito, Ellexa Catello.



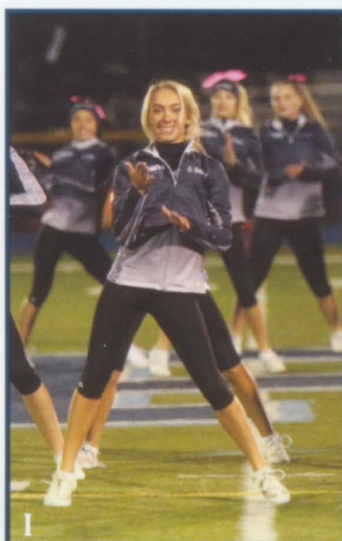
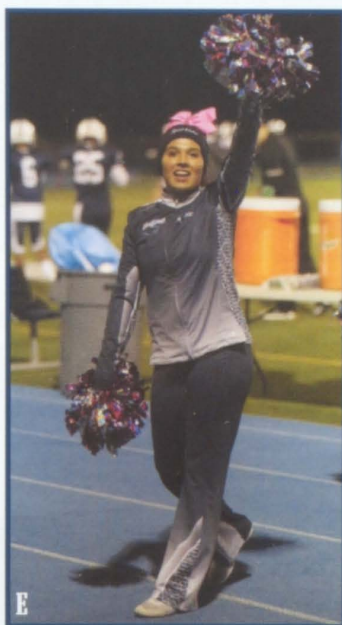
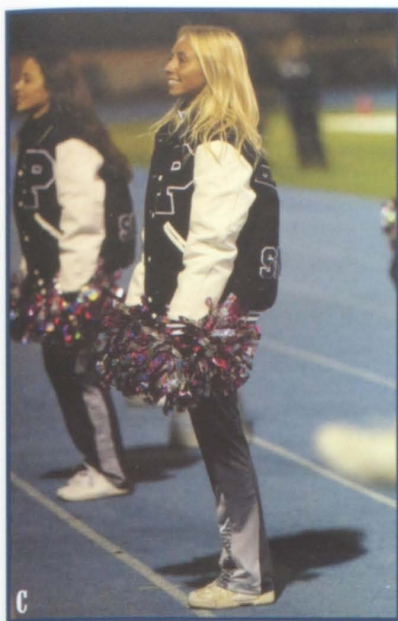
Captains: Gianna Tucker, Gracie Babilot, Shayla Barbalat, Gianna Cantone

# **Fall Cheer**

**Go Big Blue!**







As captains, we are very impressed and happy with how this team has grown. Over the past four years, so many memories and friendships have developed. We are proud to be known as captains on the Paramus Varsity Cheer Team. Saying goodbye to this program will be very difficult, since the small gym is basically our second home. We will never forget about our times on this team; the good and bad. We hope that we have taught you well enough to raise all the young cheerleaders to be as great as you. We wish you all luck on the rest of your high school cheerleading journey!- Gracie, Shayla, Gianna, and Gianna

## Captions

- A: Gianna C executing a herkie
- B: Gianna T cheering on the Spartans.
- C: Shayla getting ready for a cheer.
- D: Lynette Santana running off the football field.
- E: Alexa cheering on the Spartans.
- F: Talia dancing on the sidelines.
- G: Gianna doing a band dance.
- H: Marley cheering on the Spartans.
- I: Gracie doing the dance during halftime.
- J: Two-High pyramid hitting perfectly!
- K: Giulia doing a band dance.
- L: One of our favorite traditions is the start-of-game run-through Banner... made by the cheerleaders every single week!

## Then & Now



1952  
Uniform

2019  
Uniform

# Seniors



Gianna  
CAPTAIN



Gianna  
CAPTAIN



Gracie  
CAPTAIN



Shayla  
CAPTAIN



Kaitlyn



Lailly

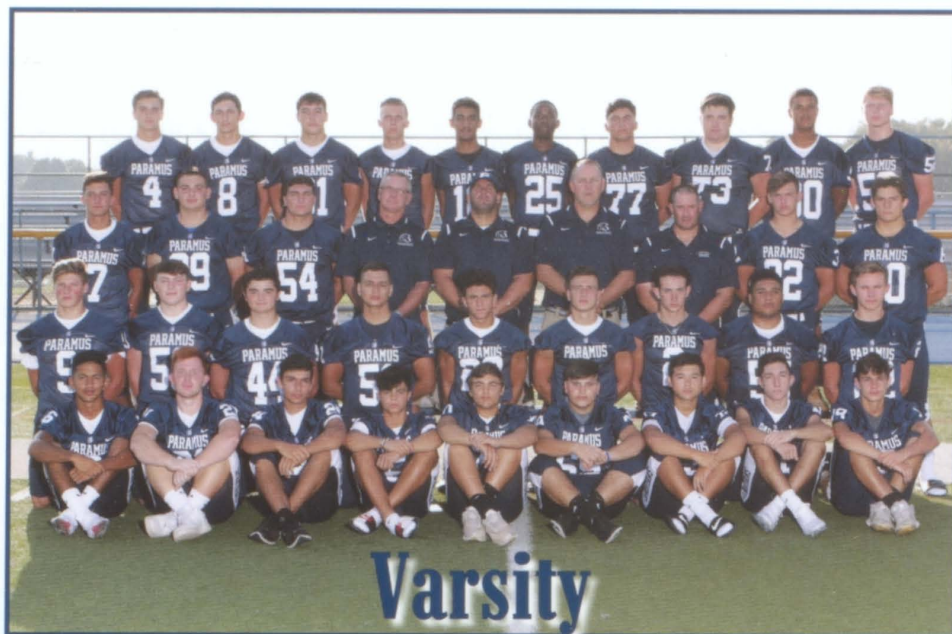


Samantha



Talia

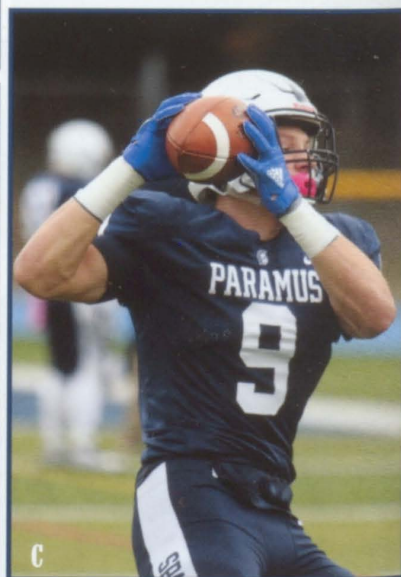
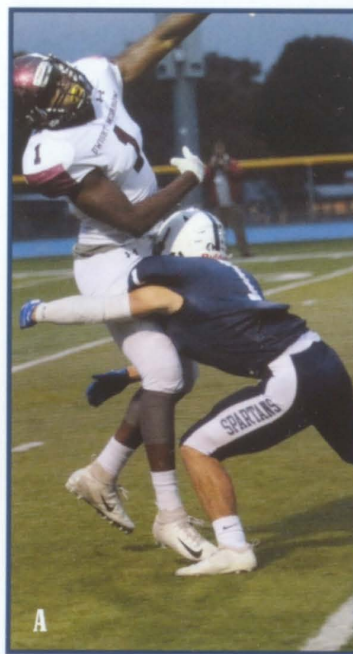




Front Row: Tanish Kothari, Nicholas Karounos, Todd Natale, Raymond Delloso, Christopher Onove, Nicholas Dellapesca, Max Weappa, Antonio Fernandes, Aidan Amaro. Second Row: Kyle Jacob, Ryan Collins, Joseph Cassesa, Maximus Ortiz, Steven Prado, Justin McKeon, Sean Marrazzo, Joshua Ferro, Logan Connolly. Third Row: Matthew Ivanicki, Mark Cioffi, Matthew Amato, Coach JD Hill, Coach Joe Sabella, Coach Ted Evans, Coach Tom Balletto, Brandon DelColle, Daniel Chermack. Back Row: Trevor Bopp, Christopher Martinelli, Andrew Jamgochian, Nicholas Tarabocchia, Jay Desai, DeeJay Githinji, Robert Colonna, Robert Renn, Gregory Parra, Kyle Scrivanich.



Front Row: Kevin Carmichael, Peter Fischetto, Alex Cabrera, Liam Amaro, Matthew Field, James Lazorchak. Back Row: Joseph Campbell, Connor Kriebel, Brandon Myack, Jake Natale, Matthew Torcivia, Klaid Uka.



# Football

## Ball

### 9-0 Record





It's an honor to be a part of such an outstanding program. Throughout the past 4 years football has changed our lives in ways we could have never imagined. Life long friendships and fond memories have been developed, as well as Paramus High School's first undefeated regular season football team. It's been an unbelievable journey and we would have never wished to do it with anyone else.

Captains Matthew Amato and Nicholas Tarabocchia

## Captions

- A: Justin makes a tackle
- B: Ryan blocks his opponent
- C: Kyle receives the pass and looks to run
- D: Max winds up to kick for an extra point
- E: Raymond runs to make a tackle
- F: Justin leads the team onto the field
- G: Sean looks to make a tackle against his opponent
- H: Nicholas K. catches the pass
- I: Kyle dodges a tackle on the run
- J: Nicholas T. receives the snap
- K: Steven rushes for yardage
- L: Trevor keeps the ball and runs for yardage
- M: Trevor hands off the ball to Justin

## Then & Now



1970  
Uniform



2019  
Uniform

# Seniors



Christopher



Daniel



DeeJay



Gregory



Joshua



Justin



Matthew A.



Matthew I.



Nicholas K.



Nicholas T.



Raymond



Robert C.



Robert R.



Ryan



Sean



Steven





Front Row: Justin Behnke, Jason Mancini, Tyler DiPopolo, Thomas Rodriguez, Marcos Poalasin. Second Row: Erik Hegyi, Kenneth Weiss, John LeRose, Eric Dlabal, Ray Shinohara, Jonathan Samuel, Massimo Gallorini, Sebastian Zambrano. Back Row: Christian Alonso, Michael Scott, Oluwatoyosi Odusola, Saleem Shqair, Cristian Guacci, Nicholas Sallemi.



Front Row: Corrado Morsella, Steven Ramzi, Nicholas DeRobertis, Christopher Rogalny, Erik Stellato, Jeremy Harris, Antonio Balducci, George Kilajy, Michael Migliaccio. Back Row: Johnathan Akdemir, Tyler Behnke, Demetri Antoniou, Jake Mattessich, Rayan Harfouche, Ryan Fernando, Richard Conte, Damian Cacciato.



Front Row: Matthew Ibrahim, Gabriel Macias, William Damato, Sebastian Valencia, Anton Passarelli, Anthony Mania, Christopher Haines, Daniel Haxhiu, Lukas Dlabal. Back Row: Angelo Bartolomeo, John Kerio, Matthew Mocer, Nicholas Roselli, Eric Chernichaw, Matthew Russo, Maresuke Koiwai, Constantine Karounos.

# Boys Soccer

Record 17-3



Christian  
CAPTAIN



Justin  
CAPTAIN

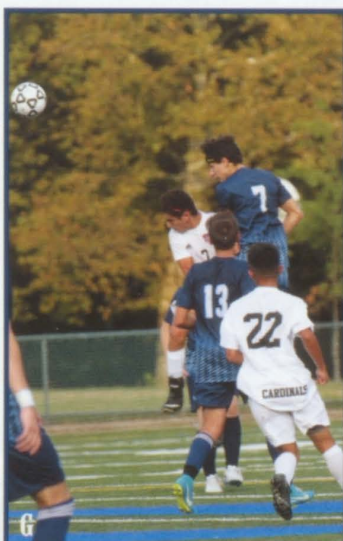
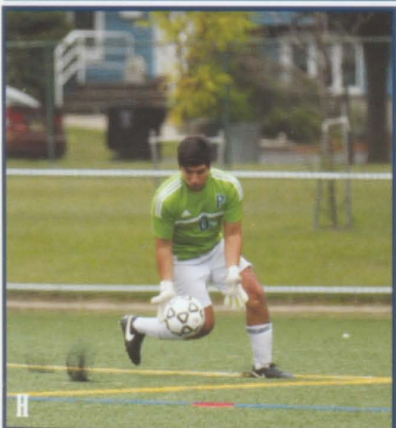
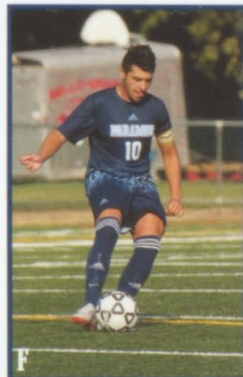


Cristian



Jonathan





Over the past four years the boys soccer team has improved significantly. The program has faced much adversity, with 3 coaches in 4 years for us seniors, many injuries, and tough competition. However, every year our team continues to perform better and play like a team. Our soccer team has turned teammates into friends and created bonds on and off the field.

Some of our favorite times together included spending time with the team during pasta dinners. I can say with confidence everyone looked forward to it. Scrimmages and FIFA tournaments were the heart of these dinners. The memories and friendships we made playing for our school and town will never be forgotten.

Captains, Justin Behnke and Christian Alonso

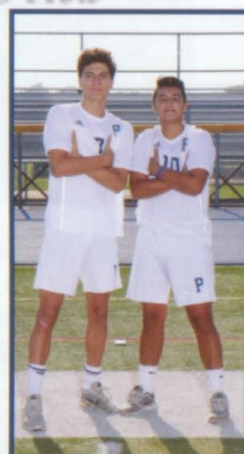
## Captions

- A: Cristian Guacci tries to keep control of the ball
- B: Paramus boys fight to score
- C: Justin Behnke fights to gain control of the ball
- D: Oluwatoyosi Odusola dribbles the ball
- E: Nick Sallemi looks to sprint away with the ball
- F: Justin Behnke getting ready to pass the ball
- G: Christian Alonso strikes the ball for Paramus possession
- H: Sebastian Zambrano saves a goal from the opponent
- I: Massimo Gallorini clears the ball away from his defender

## Then & Now



1970  
Uniform



2019  
Uniform

# Seniors



Marcos



Michael



Nicholas



Ray



Saleem



Sebastian



Thomas



Toyosi





Front Row: Jamie Verbovsky, Kiera Allen, Brooke Rennar, Danielle Colontino, Rachael Romaglia, Samantha Settecasi. Second Row: Melissa Kudlak, Hailey Kaiser, Mai Miyazaki, Ashley Hackel, Nicole Birdsall, Gianna DePalo, Lindsay Renn. Back Row: Megan Akdemir, Elana Mutnick, Olivia Voorhis, Nicole Buccola.



Front Row: Isabella Fernandes, Danyia Saleh, Caroline Kennedy, Chloe Morato, Kristen Afacan, Sophia Migliaccio, Gianna Wicker, Nagisa Ishiyama. Back Row: Alyssa Puentes, Kathryn Murray, Alexis Buccola, Maegan Pluchino, Gabriella Scimeca, Blerta Lita, Nicole Kravitz.



# Girls Soccer

Record 5-11



The Paramus Girls Soccer team of 2018 consists of six seniors, Olivia, Mai, Gianna, Rachael, Nicole, and Bird. The six of us have been playing together since we were in 5th grade and ever since then, soccer has been such a fun experience filled with unforgettable memories and laughs. From pasta dinners, annual car washes, coin tosses, and double sessions, we have laughed and complained, but most importantly created irreplaceable friendships and memories. Although it is bittersweet to bid farewell to a sport we've been playing since what seems like forever, we look back at these seasons with nothing but smiles. Throughout our years playing in high school, soccer has enabled us to form lasting, strong bonds with our teammates. Our team is our second family; they have made our senior year especially memorable for us, so we can't thank them enough. We'd like to also thank all our coaches throughout the years who put in so much of their time and effort to make us better people on and off the field. We also cannot forget about our parents for driving us to early practices, coming to our games no matter how far, and most importantly their love and support. Even though our soccer season has come to an end, the lessons learned and the memories created will last a lifetime, and have shaped us into the people we are.

Captains, Olivia Voorhis, Gianna Depalo, and Mai Miyazaki

## Captions

- A: Danielle Colontino up against a player for the ball  
 B: Gianna Depalo dribbling the ball down the field  
 C: Olivia Voorhis defending and getting the ball away from our goal  
 D: Brooke Rennar dribbling and keeping control of the ball  
 E: Melissa Kudlak passing through opponents  
 F: Jamie Verbovsky punting the ball away from our goal  
 G: Samantha Settecasi charging toward the goal  
 H: Nicole Birdsall defending the Spartans side of the field  
 I: Rachael Romaglia blocking an opponent from the ball  
 J: Ashley Hackel throws a header and moves the ball down field  
 K: Melissa Kudlak setting up to control the ball after a big kick  
 L: Mai Miyazaki challenging the opposing team for the ball  
 M: Lindsay Renn keeping herself open for a pass  
 N: Senior Captains : Mai Miyazaki ,Gianna Depalo, and Olivia Voorhis

## Then & Now



1984  
Uniform



2019  
Uniform

# Seniors



Gianna  
CAPTAIN



Mai  
CAPTAIN



Olivia  
CAPTAIN



Nicole



Nicole



Rachael

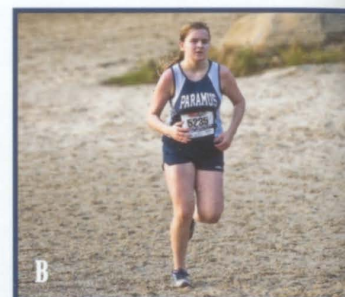
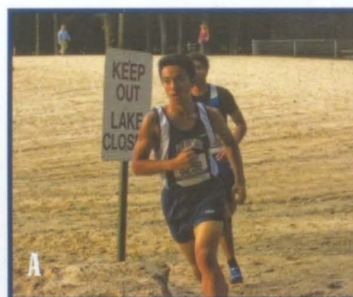




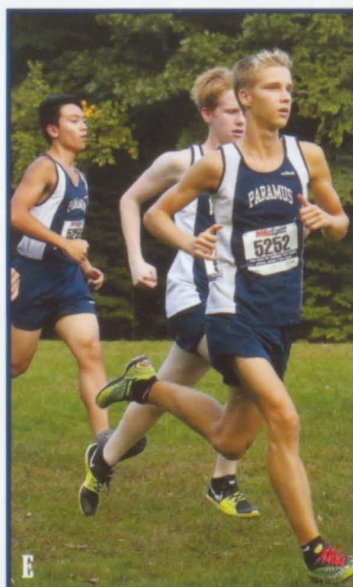
Front Row: Steven Yeung, Michael Doyle, Christine Di Iorio, Emily Puentes, Diane Kao, Michelle Lee, Kaitlyn Weuste, Patrick Tsai, Isaiah Park. Back Row: Coach Jeff Schorling, Matthew Giannella, Daniel Shinkorenko, Brian Ribeiro, Rylan Marquez, Conor O'Brien, Michael Gjini, Matthew Tse, David Shinkorenko, Coach Kelly Clark.

### Captions

- A: Steven Yeung passing the competition.
- B: Karina Cotter pushing through the sand.
- C: Patrick Tsai staying ahead of his opponent.
- D: Kaitlyn Weuste concentrating on the race.
- E: Daniel Shinkorenko, Mike Gjini, and Steven Yeung push each other through the race.
- F: Mike Gjini opening up his stride towards the finish.
- G: Christine Dilorio runs with quick feet through the sand.
- H: The varsity boys get a strong start.

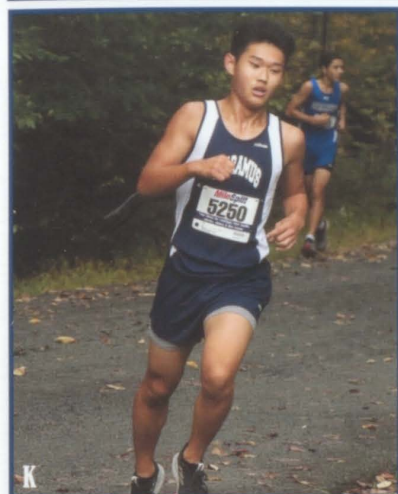
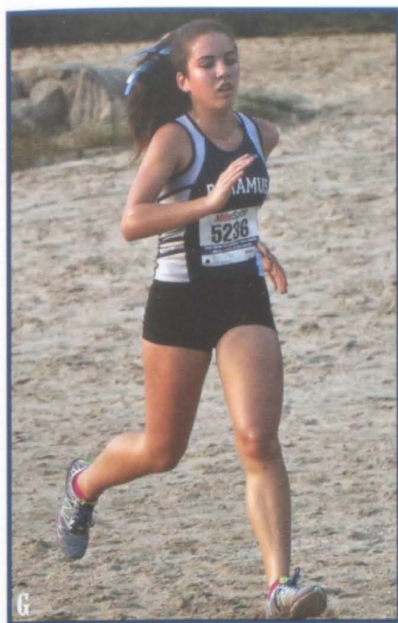


Captains Matthew Giannella and Conor O'Brien



# **Cross** **Country** **One hill of a sport**





Running for this cross country team has been an amazing experience, and it's hard to believe that it has come to an end. We want to thank our coaches for pushing us to "go the extra mile" and motivating us to get to the finish during the toughest of workouts and races. We also want to thank our team for their dedication and commitment to the sport. It has been a great journey because of all of your hard work, and we're proud to say that we were a part of this team.

One of the most important things we've learned from this team and from those who graduated before us is that success is earned - and it's not always in the form of winning the race; it could be a PR or maybe just a great workout. Whatever it is, we learned to be proud of that success because of the work we put into getting there, even if the outcome wasn't exactly what we wanted it to be. We've seen the team grow and improve a lot over the past few years, particularly on the boys' side as we all saw our times come down and used "intersquad competition" to motivate us to go faster. Hard days were definitely hard, but we got through them because we were focused and driven to improve individually and as a team. We kept the All-Times list in the back of our minds to remind us of what was possible then and what continues to be possible now as we write this.

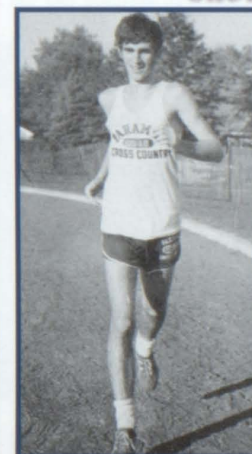
Thank you for an awesome cross country career, and we wish the underclassmen the best of luck in the coming years

-Captains Matthew Giannella and Conor O'Brien

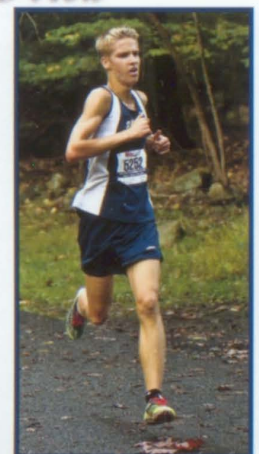
## Captions

- I: David Shinkorenko focusing on his form on the uphill.
- J: Steven Yeung picking up speed in the final stretch.
- K: Isaiah Park making the final turn to the finish line.
- L: Diane Kao stays strong on the sand.
- M: Allison Wong focuses on her breathing.
- N: The varsity girls get ahead early.
- O: Matt Tse finishing strong!
- P: Michelle Lee breaking from the pack.

## Then & Now



1972  
Uniform



2019  
Uniform

# Seniors



Conor  
CAPTAIN



Matthew  
CAPTAIN



David



Daniel



Patrick



Steven





Front Row (Left to Right): Sujene Kang, Sakina Nathoo, Anum Ilyas, Yekateryna Sinitsyna; Back Row (Left to Right): Jordana Singer, Catherine Madan, Alina Gu, Coach Morrisette

### Captions

A: Anum steps back to get the ball to the other side.

B: Delianny runs to the ad-court to hit the ball.

C: Sujene strides ahead to get the ball over the net.

D: Mansi makes sure the ball doesn't fall down the line.

E: Alina leans down so she doesn't miss the pass.

F: Aliya gets ready as she watches the ball come closer.

G: Delianny swoops down, keeping all eyes on the ball.

H: Jordana has full focus and gets ready to pass.



# Girls Tennis

Record 12-1







The girls tennis team has undergone a tremendous amount of growth this season. The team consisted of singles players Jordana Singer, Catherine Madan, and Alina Gu, along with doubles players Sakina Nathoo, Anum Ilyas, Sujene Kang, and Katie Sinityna. A significant turning point was the Comet Invitational Tennis Tournament, when the team won first place with a perfect score at 15-0. We came out of the tournament with a renewed sense of confidence, and this feeling remained with us for the rest of the season. The tournament proved that each of us has the potential to win, we just have to put mind over matter.

Coach Morrisette continued to remind us of this concept throughout the season, and his support and encouragement had a great impact on the team. Even when we faced adversity, he would commend us on our persistence and hard work. The team would also like to thank Coach Kukla and Coach Jiles for setting an excellent foundation for the junior varsity girls. The hard-working coaching staff and the determined tennis players made this season unforgettable. Captain Anum Ilyas

### Captions

- I: Mansi is open to hit the tennis ball.
- J: Catherine gets in a quick swipe.
- K: Sujene leans low to make sure she gets the ball
- L: Alina waits for the ball to come to her.
- M: Anum acts fast to make sure she gets the ball over.
- N: Catherine hits a deep to save the ball.
- O: Jordana steps back to swipe the ball quickly.
- P: Alina is excited to win the tennis match.

### Then & Now



1977  
Uniform



2019  
Uniform

## Seniors



Anum  
**CAPTAIN**



Sakina  
**CAPTAIN**





Front Row: Caroline Shen, Ellie Park, Jenny Garino, Lois Kim, Michelle Park, Jacqueline Castronovo, Jenna Bosticco, Nikole Prisendorf. Back Row: Carra Tangredi, Alexis Boettcher, Georgia Papas, Crystal Holeciczki, Patricia Daniels.



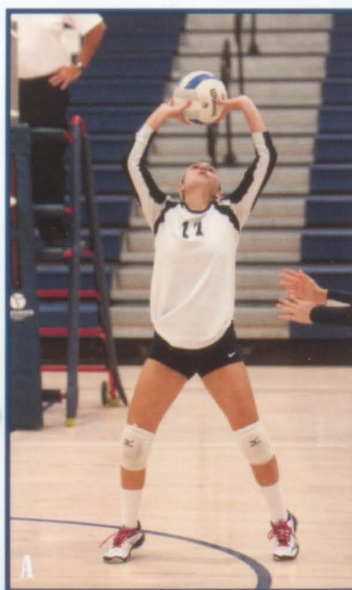
Front Row: Victoria Ferreira, Aditi Kokra, Jacqueline Castronovo, Sarah Rocha, Nicole Guidetti, Ellie Park, Lauren Piccininni. Back Row: Alexis Boettcher, Caitlyn Alonzo, Angela Hishmeh, Amirah Bhatti, Caitlyn Andersen, Kelly Piccinich.



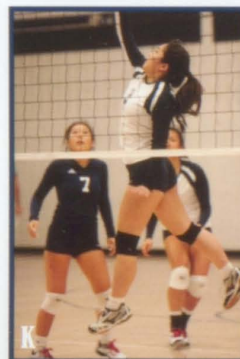
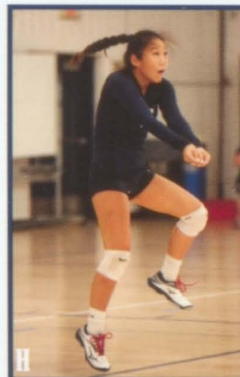
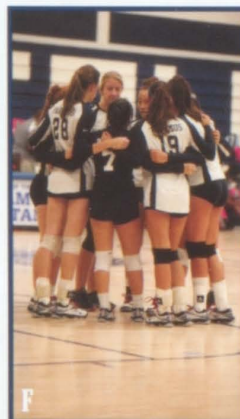
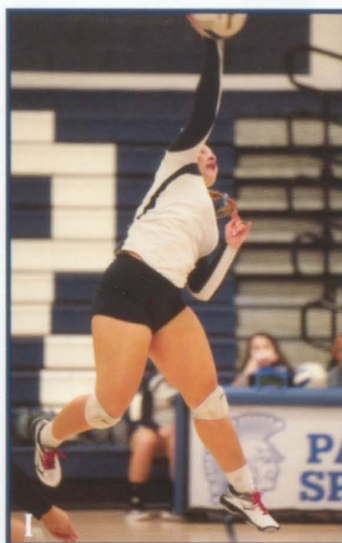
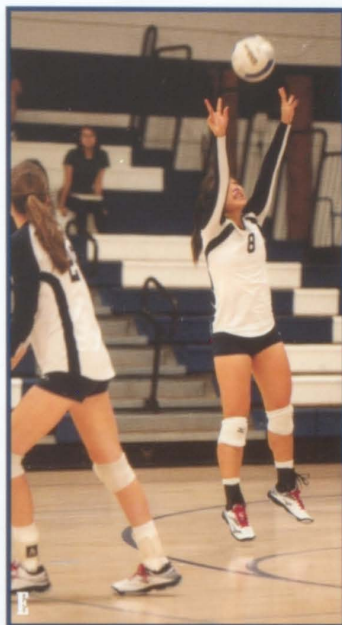
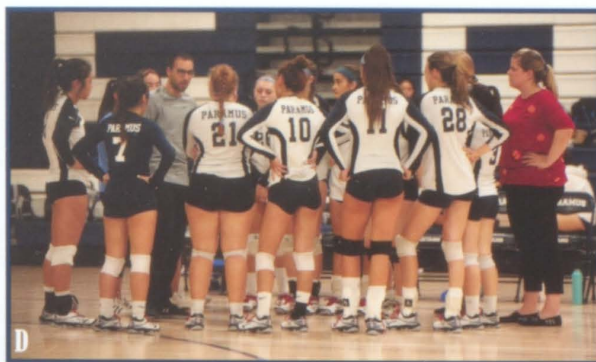
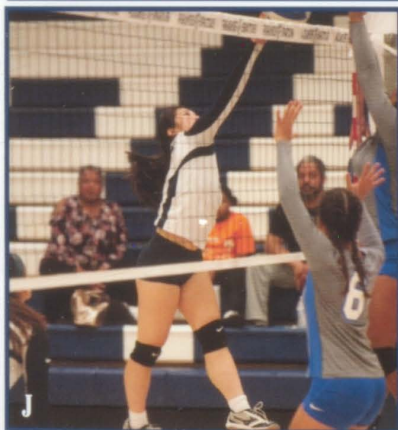
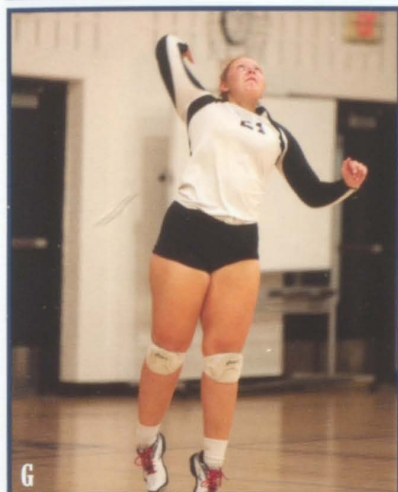
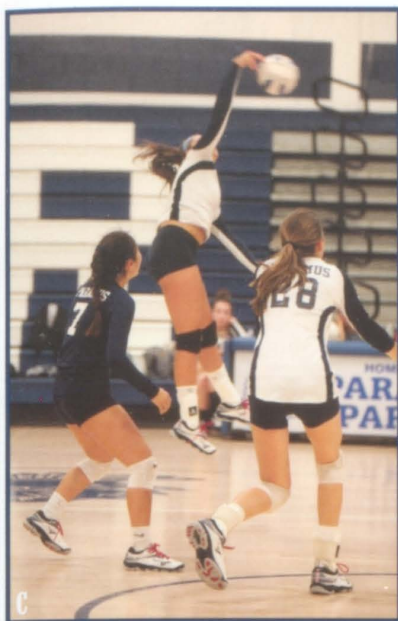
Front Row: Emma Wiser, Sofia Cherba, Katelyn Cox, Gabriella Lattof, Jordan Reiss, Eleni Karapiperis, Jillian Anderson, Sara DiLorenzo, Kylie Vansciver. Back Row: David Wiser, Melissa Ipekci, Mackenzie Cullen, Cassie Pagnozzi, Rosann Gansel, Mila Schultz, Amalia Cherba, Taya Gerardi, Mary Clark.

# Girls' Volleyball

Record 8-16







"When life hands you lemons, you make lemonade".

Sounds easy enough, right? But when life chucks those lemons at you, might I add at alarming speeds, lemonade is not the priority. For Paramus Volleyball, specifically the graduating seniors, our time with PHSVB has been unpredictable. We experienced 4 years of consistent coaching revisions, unexpected injuries, and basically all the obstacles you can think of. Yet, we fearlessly faced the adversity head on, and more importantly, we faced it as a family. There are not enough words in the dictionary to express how thankful I am for this program, for all the coaches, for my team, and for all of the lessons I took away in my 4 years with Paramus Volleyball. Although it's been a rocky ride, we caught all of the lemons thrown at us and are ready to make the best lemonade you've ever tasted. As Coach T loves to say "A journey of a thousand miles begins with one step." For us seniors, our journey has just begun. Our time with PHSVB has come to an end, and we may go our separate ways, but never forget that our first step was here, because we will forever bleed blue."

- Captain Caroline Shen

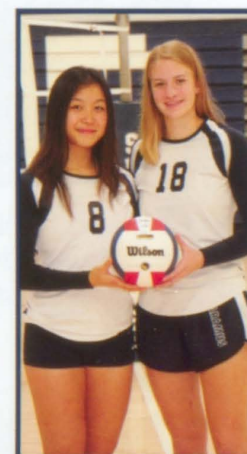
## Captions

- A: Crystal Holeciczki setting the ball to a teammate.
- B: Jenna Bosticco serving the ball.
- C: Crystal Holeciczki spiking the ball.
- D: Varsity team in a huddle.
- E: Caroline Shen setting the ball to a teammate.
- F: Varsity team in a huddle on the court.
- G: Nicole Prisendorf serving the ball.
- H: Lois Kim making a pass.
- I: Nicole Prisendorf spiking the ball.
- J: Jenny Garino taps the ball over the net.
- K: Ellie Park taps the ball over the net.

## Then & Now



1952  
Uniform



2019  
Uniform

# Seniors



Caroline  
CAPTAIN



Patricia  
CAPTAIN



Carra



Jenny



Lois



Nikole





Front Row: Jake Mattessich, Jad Darwiche, Robert Uka, Michael Sebastian, Aren Arslanyan, Corey Casamento, Maxx Gilchrist, Shahzaib Khan. Back Row: Trevor Bopp, Christian Alonso, Harash Hanife, Joseph Choi, Riad Allaraj, Gino Mongelli, Alex Baklayan.



Front Row: Ibraheem Habehh, Matthew Titi, Michael Sebastian, Dean Elakoush, Corey Casamento, Anthony Mundanchira, David Dovlatian. Back Row: Muneeb Khateeb, Jake Mattessich, Jad Darwiche, Brandon Falen, Joseph Choi, Ryan Soehnel.



Front Row: Naji Darwiche, Keith McCausland, Zackery Jackson, Tyler Abbatiello, Nicholas Abbatiello, Daniel Hong, Daniel Su. Back Row: Michael Moran, Mason Bellinger, Jason Bethke, Nicholas Avagnano, Stephon Martin, Aiden Flynn, Gurtegh Singh.

# Boys Basketball

Record 9-16

## Captions

A: Gino shooting a mid-range jumper;  
B: Gino taking a jumpshot; C: The basketball team huddling up; D: Christian playing defense; E: Harash passing the ball into the post player; F: Robert taking his foul shots; G: Aren bringing the ball up the court; H: Alex taking his foul shots; I: Alex boxing out for a rebound; J: Alex jumping up for the tip-off; K-L: Robert & Aren running onto the court







It is safe to say that these past 4 years have been quite a journey. Freshmen year, we were all inexperienced and unsure. Coach Blackwood gave us a sense of what was to come as we got older and made sure we put full effort in every practice and every game, and emphasized the importance of staying together as a unit. That year not only helped us progress as basketball players, but mature into young adults. Our sophomore and junior years did not go as well as many of us planned, but our unity as a team and the relationships we made cannot be overlooked. We looked up to the seniors and made sure we followed in their footsteps. To this day, we keep in touch with past members of the team and when we see them come to our games, we know that the relationship and bond we built was special. We are happy to say that we have had one of the most, if not the most, successful year in the past 2 decades in our final year and it could not have been done without the commitment of our head coach Mr. Dan Reddan. His dedication to scouting other teams, managing off-season leagues and workouts, and patience with what seemed like a lost cause of a program, allowed us to progress in a positive direction. Our assistant coaches, Coach Breene and Coach Greg, were also effective, giving us tips and being great compliments to Coach Reddan. We had 15 kids on our freshmen team. Over time, we finished this year with just 3 seniors. Unfortunately, one of our key players who dedicated his time to basketball, senior Shahzaib Khan, could not finish the year with us, but we all know he was an essential part of this team and will always be one of our brothers. With the majority of our team being young and inexperienced, most people did not think we would have this kind of season. We are proud of the work the young guys put in: this was truly the only year where everyone pushed each other in practice and really understood their roles on the team. We are also proud of the increased support we had this year from our student body and will never forget the energy they gave us during our home game against Teaneck. We want to thank Nicole Schoonhen and Allison Seminski for being amazing managers and baking desserts for us to eat post-game. We would also like to thank Mrs. Carrie Mongelli for her leadership in the parents' association. Through the years we have been welcoming and saying goodbye to members of our basketball family. This year, we are the ones that are going to say goodbye. We understand that all good things must come to an end, and we are very satisfied with how we are leaving the team, knowing the future is in good hands. To Trevor, Rob, Alex, Harash, and Riad, the team is in your hands now, I hope you build on the very special year we had, and we'll be cheering you on along the way.

## Then & Now



1969  
Uniform



2019  
Uniform

# Seniors



Aren  
**CAPTAIN**



Gino  
**CAPTAIN**



Shazaib  
**CAPTAIN**



Christian



Maxx





Front Row: Yuri Sakomoto, Kathryn Koutros, Nicole Birdsall, Shriya Patel, Haruka Nawano, Lindsay Renn, Kathryn Murray. Back Row: Nicole Buccola, Olivia Voorhis, Daniella Passarelli, Nicole Kravitz, Ore Agoro, Dhvani Gajiwala.



Front Row: Sophia Migliaccio, Chery Gada, Shreya Patel, Blerta Lita. Back Row: Gabriella Scimeca, Rajandeep Kaur, Lisa Vinin, Gabriella Rosario.



Front Row: Carolina Perez, Talin Agabap, Kristen Afacan, Caroline Kennedy, Darlene Rodriguez, Sophia Rodriguez. Back Row: Laila Cohen, Ashley Normandia, Emma Wiser, Amanda Licini, Alexis Buccola, and Alexis Williams.

# Girls Basketball

Record 6-21







The 2018-2019 Paramus Girls' Varsity Basketball team consists of the seniors Nicole Buccola, Nicole Birdsall, Olivia Voorhis, Ore Agoro, Shriya Patel, Dhvani Gajiwala and many other hardworking athletes that contribute to the team's success. In order to make this season possible and the best it could be, we have to thank Coach Hay, assistant Coach Thompson, and Coach Whitney for all the effort and dedication they have put into making us better athletes. Four years ago, Coach Hay took over the girls' basketball program with a determined mind to change it for the better. Although the progress we have experienced as a team may have been made in small steps, we have changed the mindset and training ethic as a program in order to further that progress for future athletes entering the program. Being in the Big North division with teams that are the toughest in the county, it has certainly been a challenge for us over the course of 4 years. The adversity we faced and the challenges presented only made us grow as individuals, build resilience to the problems we faced, and learn how to overcome it or work with it. We'll never forget the concerts we put on with the mic we weren't supposed to use while setting up the gym, our comical bus rides together, and the wins against teams when everybody least expected it of us. At the end of the day, nothing could have been possible without our amazing teammates and dedicated coaches who never gave up on us, no matter what our record says. Although our high school basketball program has come to an end, the memories and life lessons that we have learned from the sport will not.

Nicole Birdsall, Nicole Buccola and Olivia Voorhis

### Captions

A: Alexis shoots against the opposing team; B: Haruka jumps to block the pass; C: Nicole Buccola jumps up for the layup; D: Kathryn Murray shoots a free throw; E: Nicole Birdsall looks for an open pass; F: Alexis Buccola passes the ball to her teammate; G: Lindsay Renn dribbles the ball, looking for an open teammate; H: Alexis Buccola gets ready to shoot the ball; I: Nicole Buccola attempts to shoot while being blocked by a defender

### Then & Now



1986  
Uniform



2019  
Uniform

## Seniors



Dhvani



Haruka



Nicole  
CAPTAIN



Nicole  
CAPTAIN



Olivia  
CAPTAIN



Ore



Shriya





Front Row: Winson Zheng, Patrick Lee, Brian Gengler, David Wiser. Back Row: Brandon Lui, Marcus Kang



Front Row: Caroline Shen, Suzu Ishibuchi, Nikole Prisendorf, Jenny Garino, Eileen Mangold, Nao Terashima, Delia Setola. Back Row: Julianna Lalomia, Samantha Bruno, Allison Wong, Carra Tangredi

# Bowling

Boys Record 4-11; Girls Record 10-5



Brian  
CAPTAIN

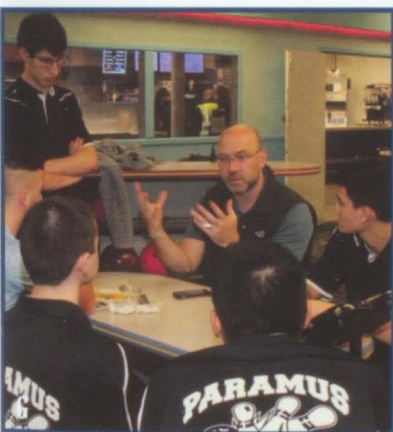
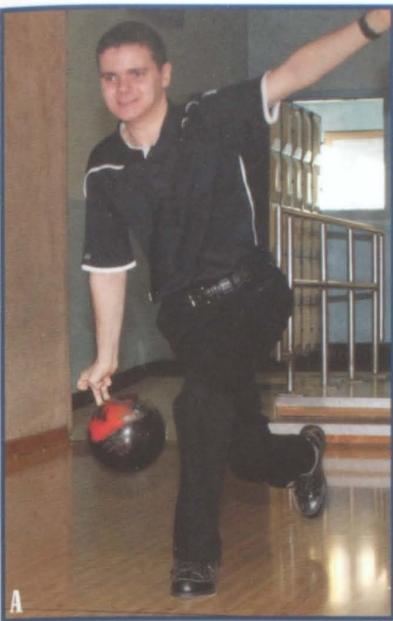


Caroline  
CAPTAIN



David  
CAPTAIN





Bowling is a sport that requires very meticulous eyework, planned strategy, and good food. I personally entered the sport thinking it would be all fun and games, but I quickly realized that bowling is more complicated than I expected. It's similar to a puzzle. Depending on how the first ball is bowled, the second must be deliberately placed in order to maximize the amount of pins knocked down. From the strategy that bowling requires, I learned the importance of focus and concentration because the slightest distraction can interfere with a strike or spare. More importantly are the friendships we have formed over the years. Whether showing up to each match with a tremendous amount of food, jamming to "Rudolph the Red Nosed Reindeer" trap remix on bus rides home, playing Crazy 8s, or simply poking fun at Morrisette, the senior class holds a strong bond that cannot be broken. Thank you all for making bowling such an amazing high school experience. I wish you guys the best of luck in your future endeavors. My greatest thanks goes out to Coach Morrisette for creating a great bowling program. Thank you for persevering through the long games and thank you for willingly risking your life (and your binder) in attempt to save us from oncoming traffic. I wish you the best of luck in future seasons.

Captain Caroline Shen

## Captions

- A: David and Brian posing in their uniforms.
- B: The senior bowlers!
- C: Mr. Morrisette makes a game plan.
- D: Mr. Ferrara showing his team how its done.
- E: The senior girls!
- F: Nikole releases the ball, hoping for a strike.
- G: Mr. Morrisette giving his boys team a pep talk.
- H: The team cracks jokes as Caroline gets ready to bowl.
- I: David winds up to throw a strike.

## Then & Now



1995  
Uniform



2019  
Uniform

# Seniors



Jenny



Eileen



Nikole



Delia



Cara



Allison





## Varsity

Front Row: Joseph Moran, Jonathan Reveille, Anthony Oddo, Christopher Mandara, Michael Iannantuano, Ryan Meglio, Lukas Dlabal, Brandt Rohdieck, Conor McKeon.  
 Second Row: Anthony Alliegro, Jonathan Berko, John Kulpanowski, Ryan Oechsner, Justin Kuzak, Ryan Calendrillo, Sean Leonard, Eric Colmenares, Kyle Bouteloupt, Dylan Crispina, Eric Dlabal. Back Row: Kyle Henning, Tyler McDowall, Erik Hegyi, Coach Brain Hooper, Coach Steve Celentano, Coach Colin Church, Head Coach Denis Jelcic, Coach Jake Rizer, Coach Marc Petruziello, Anton Safonov, Aidan Cullen, Wyatt Levy.



# Ice Hockey

Record 14-3-2







"Our team this year has had an incredible ride. In just losing to parochial schools during the regular season as well as our 10 game win streak we were able to win the league for the regular season and get favorable seeding in both the Big North and State playoffs. Many memories have been created, such as Rizer giving us Sour Patch after intermission (we should be sponsored) and beating Northern Highlands. In all four years of being a part of this program, none of us had ever thought we would clinch the league for the regular season, be playing in the Big North Gold Cup, or have a high seed in States. With the group this year, you made our dreams a reality. The one thing we will never forget is the incredible bond that we all shared, and to close here is a quote from Coach Steve, "Remember the time we shutout Joe's!" Captains Anthony, John, Jon Jon, Kyle, and Sean

## Captions

- A: Jonathan dumps the puck into the zone.
- B: Anton skates around a defender.
- C: Justin rips a shot on net.
- D: Anthony and Erik crash the net.
- E: Erik hard on the forecheck.
- F: The boys huddled up before a game.
- G: Anthony prepares to face a shot.
- H: The starting line-up on the blue line for the national anthem.
- I: Erik rushing in for the puck.
- J: Anton battling for the puck.
- K: Eric takes a slapshot from the point.
- L: Erik looking for a pass.
- M: Ryan protecting the puck in the corner.
- N: Anton celebrating a gamechanging goal.
- O: Ryan blocking a shot before it gets to the net.
- P: Ryan laying a big hit.

## Seniors



Anthony  
CAPTAIN

John  
CAPTAIN

Johnathan  
CAPTAIN

Kyle  
CAPTAIN

Sean  
CAPTAIN

## Then & Now



2004 Uniform



2019 Uniform





Front Row: Matthew Lauciskis, Justin Park, Abelardo Cartagena, Thomas Nashed, Kunha Kim. Second Row: Brandon Kim, Mark Nashed, Richard Limbacher, Taj Josan, George Secor, Dean Beyer, Daniel Lenczewski. Back Row: Michael Mutnick, Daniel Shinkorenko, Rafy Nakhla, David Shinkorenko.



Front Row: Katelyn Cox, Ayame Kamata, Angela Ospina, Rachel Kim, Olivia Balwas, Ashlee Limbacher, Emily Puentes, Karin Koda, Lea Mathew. Second Row: Diane Kao, Mikayla Kelleher, Meili Burnett, Emily Schatz, Nicole Sam, Vanessa Chen, Christina Lenda, Bianca Valente, Talar Boyadjian, Hannah Kim, Rachel Meli. Back Row: Elana Lepishina, Francesca Sapiga, Kajol Nedumalayil, Valerie Kilicyan, Katelyn Edelbach, Julie Ribeiro, Ziara Corporan.

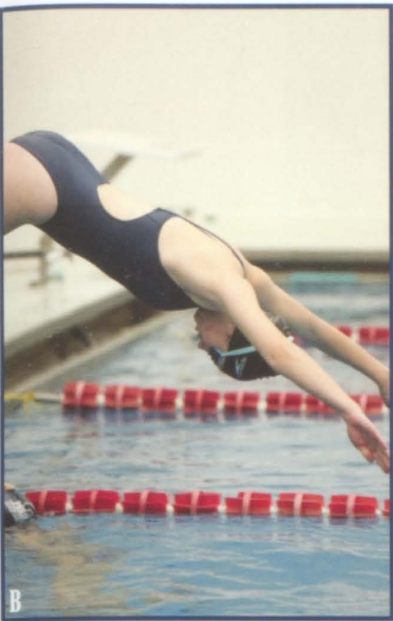
# Co-ed Swimming

112 Boys' Record 4-5 Girls' Record 7-2



Daniel  
CAPTAIN





In Swimming, tradition plays a key role in the way we go through practices and meets. From freshman year, the current seniors just "inherited" the customs, including the pre-race cheer and the final group chant for meets, and put them into practice. However, we do not solely stick to the norm: we modify our practices to fit new standards and effectively shape our schedule to maximize our performance. Nevertheless, the most prominent tradition that we have passed on, thanks to our excellent Coaches, is found in our mindset and our desire to work hard every practice to achieve an end result. This year, our team has really showed growth from the past 4 years; our girls team made it to states and our 400 free boys relay, which consisted of 3 out of 4 boys that have been on the same relay for four years, finished second in the Big League North Championships. All of the seniors have had exceptionally memorable experiences over the past 4 years: from wrestling in the pool before some meets to having fun bus rides home. The bigger picture behind all of these fun times, however, lies in the informal, yet focused mindset, advanced by our coaches, that we have taken on as a tradition.

- Daniel Shinkorenko

### Captions

- A: Spartan swimmer performing a back stroke
- B: Paramus Spartan diving into a race
- C: Michael performing a butterfly stroke
- D: Spartan swimmer racing to the finish
- E: Paramus Spartan performing a side stroke
- F: Spartan swimmer coming up for air during a race
- G: Swimmer performing a side stroke during a race
- H: Spartan swimmer racing to the finish
- I: Paramus Spartan demonstrating a breast stroke to win a race
- J: Swimmer performing a breast stroke

### Then & Now



2005  
Uniform



2019  
Uniform

## Seniors



David  
CAPTAIN



Francesca  
CAPTAIN



George



Mark  
CAPTAIN



Michael



Nicole



Richard  
CAPTAIN

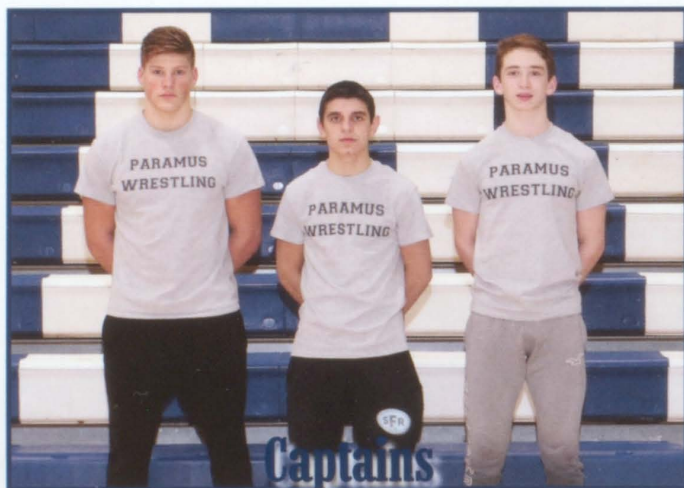


Taj

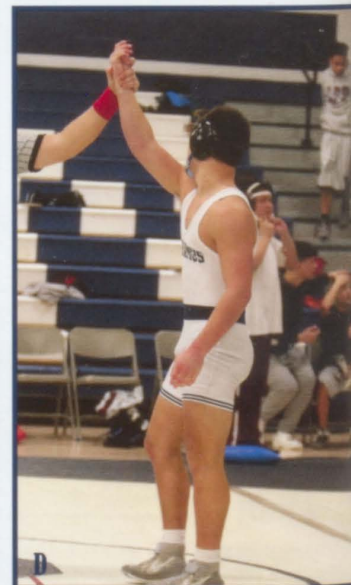
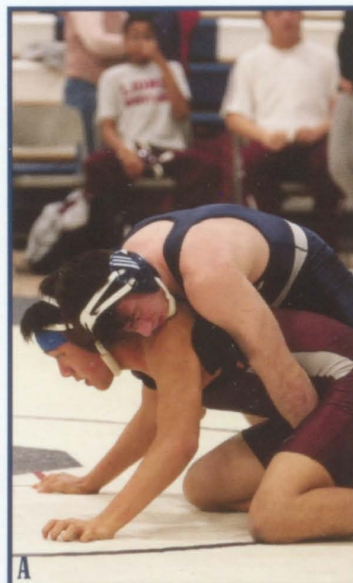




Front Row: Eric Freeman, Christiano Plaza, Steven Ciabrone, Mike Salas, Raymond Dellosa, Jonathan Cherba, Thomas Casey, Joseph Pettineo, Vincent Sciglitano, Matthew Field.  
Second Row: Anthony Ferraioli, Settimio Mucci, Charlton Alonso, Ward Jabara. Back Row: Kyle Jacob, Jorge Bermudez, Aidan Amaro, Lapo Palombo, Daniel Ibrahim, Dennis Wanis, Aaron Ayzerov, Ryan Gass, Daniel Marte, Nicholas Tarabocchia.



Kyle Jacob, Thomas Casey, Aaron Ayzerov

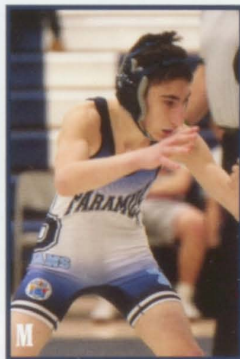
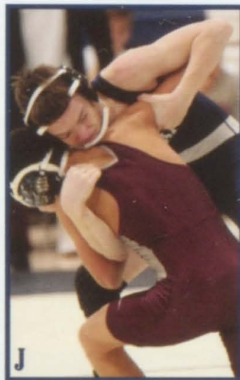
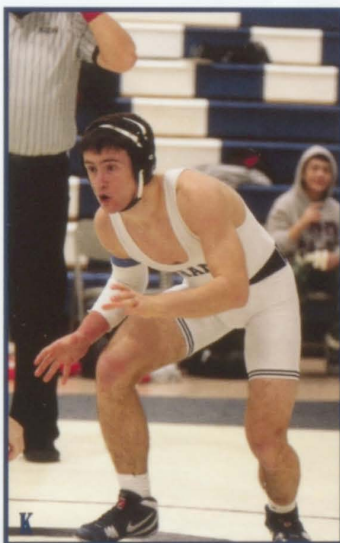
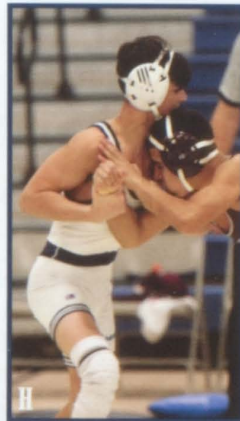
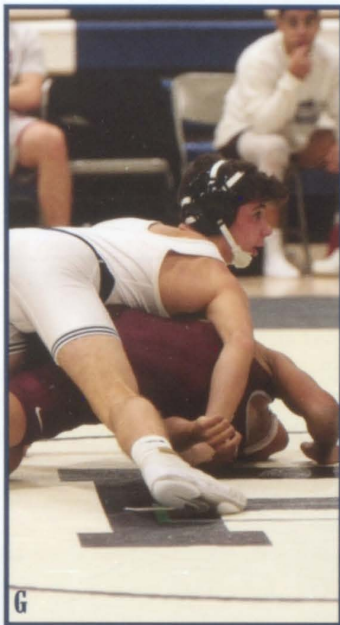
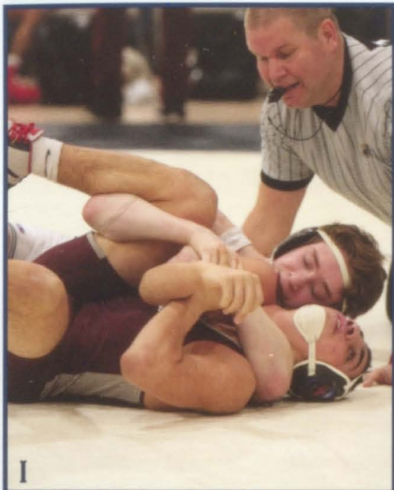
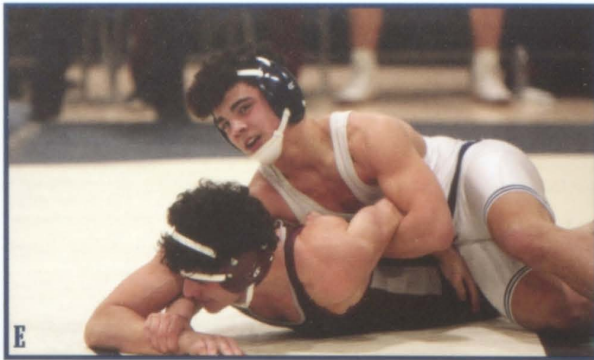
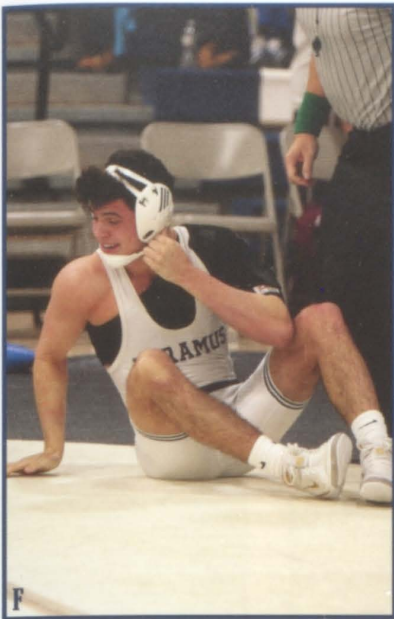


# Boys

# Wrestling

Record 12-6





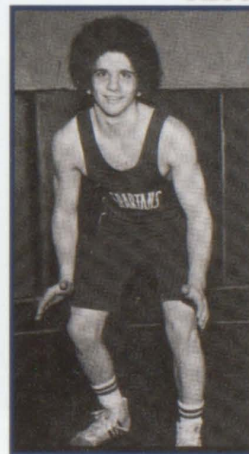
Tradition is the staple of Paramus Wrestling. We have had many successful teams come before us and we strive to match or exceed their levels of success. Wrestling has 5 banners hanging in our gym and our goals all year are to fill them up with the year 2019. Paramus wrestlers have also achieved all of the highest individual accomplishments possible in a high school season, and this year we have many contenders who can reach those same heights with a bid to Atlantic city and even a state medal. Paramus wrestlers are by far the hardest working kids who make a constant sacrifice to excel at their craft. Our coaching staff has instilled this "you can always do more" attitude in us which is the reason for our constant year after year success. They are always pushing us because they know we can always be better than we were yesterday. The PHS wrestling team has become one family because we all understand how much effort and sacrifice each and every one of us put in every single day.

Captains: Aaron Ayzerov, Kyle Jacob, Tony Asatrian, Thomas Casey

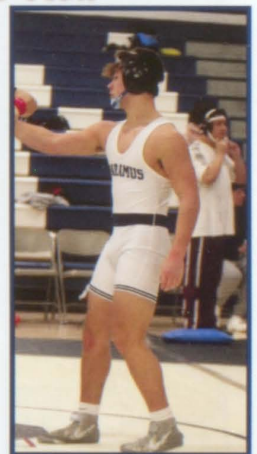
### Captions

- A: Anthony F. in the offensive position
- B: Nicholas uses his weight to try to pin his opponent
- C: The coaches congratulate Dennis after his win
- D: Ryan after his win
- E: Raymond tries to turn his opponent on his back
- F: Christian after winning by fall
- G: Matthew looks to his coaches for guidance
- H: Steven tries to push his opponent away
- I: Aaron cradles his opponent
- J: Anthony E. tries to take control
- K: Daniel taking his stance
- L: Christian and Raymond high five after a win
- M: Jonathan tries to defend himself

### Then & Now

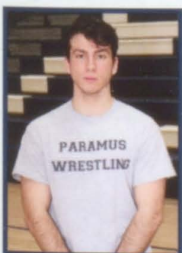


1978  
Uniform

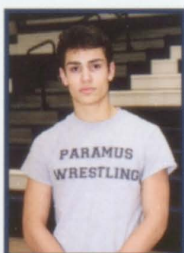


2019  
Uniform

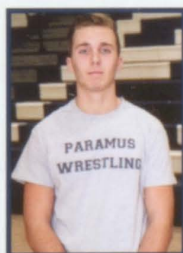
## Seniors



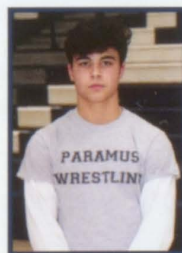
Anthony



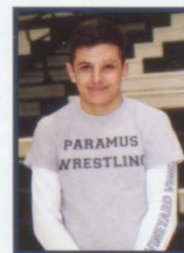
Joseph



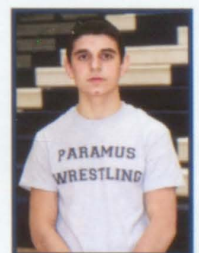
Nicholas



Raymond



Settimo



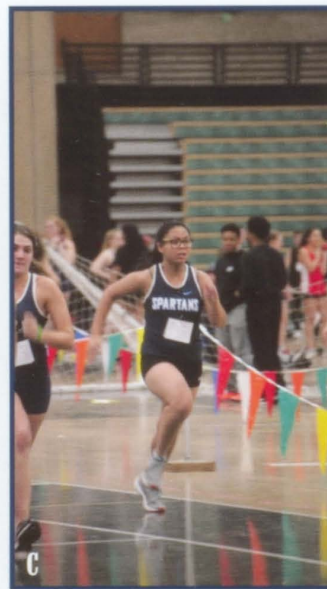
Thomas

**CAPTAIN** 115





Front Row: Dominic Taravez, Mai Miyazaki, Nicole Young, Kaitlyn Weuste, Giovanna Rydingsward, Caitlyn Calupad, Regina Valencia, Erica Chung, Christopher Haines, Ellie Park, Michelle Lee. Second Row: Joshua Carbone, Brandon Yip, Alexander De Lumen, Joshua Chung, Phillip Song, Derek Heim, Jillian Wise, Steven Iannone, Ian Lopez, Michael Doyle, Steven Yeung, Christopher Onove. Third Row: Coach Jeff Schorling, Skyler Larreategui, Matthew Ibrahim, Christopher Patti, Mannpal Thind, Ma'Quai Mayes, Shlok Patel, Christine Di Iorio, Briana Koutros, Kristina Damato, Coach Shawn Rembecky. Fourth Row: Caroline Shen, Elana Lepishina, Sunny Yoo, Sharon Choi, Alexa Arevalo, Bella Rivarola, Emily McCausland, Keya Mahtani, Logan Rogalski, Dennis Hemans, Conor O'Brien. Fifth Row: Gabe Pineda, Vincent Sciglitano, Traman Gupta, Ronit Patel, Rylan Marquez, Justin Holliday, George Sirichartchai, Jake Gandara, Melvin Macaayan, Himatjeet Singh, Richard Helm. Sixth Row: Dan Ramirez, Daniel Stipanov, Matthew Tse, David Shin, Ryan Fernando, Kyle Cho, Alan Okechukwu, Brian Ribeiro, Jordan Tulkis, Matthew Giannella.



# Winter Track



Caitlyn  
CAPTAIN

Leading Scorers: Dan Stipanov & Caroline Shen





One thing that Paramus trackies look forward to at the end of the winter season is our Pizza Party. It's been our tradition to get together and celebrate the team's accomplishments like when a relay breaks a school record or when an individual wins an award. This past season has been one of the strongest winter seasons because many relay teams have set new records and many athletes have placed in county and state meets. Another tradition the track team upholds is the plank until you drop challenge. Almost everyday during the season we plank for as long as we can so that at the end of the season we test who can hold it for the longest.

Despite sub-freezing temperatures and rain so cold it might as well be hail, you will find Paramus track athletes bundled up and running outside. Thanks to our coaches - Schorling, Graves, Somma, Higgins and Rembecky- the team has grown resilient to poor weather conditions. Our coaches dedicate so much time to our practices and the late night meets that we sometimes don't get home from until 11pm. Each track athlete competes in multiple events against some of the toughest competition in New Jersey. We travel far for meets but we always bring our Paramus pride with us and we always come ready to compete.

~ Caitlyn, Conor, Emily, Ian, Kyle, & Matt

## Captions

- A: Spartan sprinters pulling out ahead
- B: Emily leads the pack
- C: Rosella overtaking her competition
- D: Zooming past the camera, here comes Bella
- E: Mai securing a win for Paramus
- F: Hurdles are no match for Kristina
- G: Matt Tse gives Paramus a strong lead in the relay
- H: Justin hurdling ahead of the rest
- I: Caitlyn sets the bar high for her competition
- J: Dominic focuses on her sprint
- K: Alexa concentrating on her jump
- L: Ready... set... Go Himajeet!
- M: Matt Giannella completes the third leg of the relay
- N: Caitlyn shot putting her way to a personal best
- O: Emily gets the head start in her race

## Then & Now



1952  
Uniform



2019  
Uniform

# Seniors



Conor  
CAPTAIN



Emily  
CAPTAIN



Ian  
CAPTAIN



Kyle  
CAPTAIN



Matt  
CAPTAIN



Brandon



Briana



Caroline



David



Himajeet



Josh



Keya



Kristina



Mai



Sharon



Steven





Matthew Lalomia, Brandon DelColle, Kenneth Weiss, Alexander Vasquez, Patrick Warburton, Dylan Barone, Jake Gandara, Vincent Bonastia, Anthony Mania, Rafael Tavarez, Jake Demaio, Michael Moran, Trevor Bopp, Christopher Martinelli, Robert Colonna, Michael Lalomia, Joseph Gaer, Roy Corso, Jugraj Singh, Carter Bopp, Christian Alonso, Christopher Schatz, Tyler Barone, Grant Gallorini, Ryan Collins, Johnathan Huertas, Christopher Onove, Matthew Ivanicki



Thomas Hroncich, Derek Heim, Patrick Teehan, Jake Mattessich, Stefan Mychalko, Jake Gandara, Joseph Gaer, Justin Brady, Brendan O'Reilly, Jugraj Singh, Ryan McElroy, Christopher Onove, John LaMothe

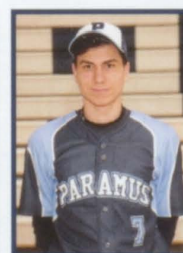


Alex Cabrera, Jared Ferrara, Brandon Alvarado, Brandon Gaer, Michael Mejia, Motomu Sasho, Keith McCausland, James Lazorchak, Peter Fischetto, Nicholas Avagnano, Maresuke Koiwai, Daniel McIntyre, Reyan Ali, Jordan Weisinger, Matthew Mocerri, William Damato, Jordon Molano

# Boys Baseball



Carter  
CAPTAIN

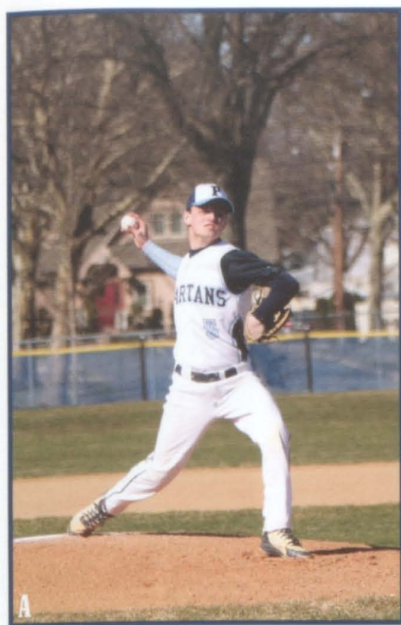


Christian  
CAPTAIN



Grant  
CAPTAIN





In years prior, the baseball team has often struggled. In the last 4 years, the program has only reached the county and state tournament one time and failed to make it out of the first round. Those teams often lacked chemistry and struggled to play together. Our team has lots of returning starters such as pitcher Carter Bopp, 1st baseman Grant Gallorini, 2nd baseman Kenny Weiss, Shortstop/Pitcher Pat Warburton, 3rd baseman/pitcher Matt Lalomia, outfielder Christian Alonso, catcher Dylan Barone, and pitcher Trevor Bopp. The rest of the team has all played together for many years, over the summer and fall, and we have won many league championships and tournaments throughout those years. The chemistry that we have built throughout the years, is one thing that will make our team successful. As a team, we look forward to continuing the Paramus Baseball success. Besides the players, there is one more key addition that we have to the team this year: our 1st-year varsity coach, Pat Warburton. Since little league, and even up to freshman year with the Mudville 9, Coach Pat has been there coaching us, teaching every single one of us the majority of what we know about baseball. The leadership that he has taught us, from such an early age, is something that will only make our team stronger. It is because of him, that we are so cohesive as a team, and we work together as a team so effectively. The way that our team adapts to certain situations is partly because of all of the practice we have gone through, but mostly all a result of the lessons that Coach Pat has taught us while playing the game of baseball. With Coach Pat leading us, we will be nothing but successful and hope to restore the baseball program to the glory of the past.

- Senior Captain Carter Bopp

## Captions

- A: Patrick pitching at the mound
- B: The Spartan's huddling together
- C: Grant sliding into home plate
- D: Christian running after a hit
- E: Matthew throwing the ball
- F: Michael sprinting to the base
- G: Jake trying to steal a base
- H: Matthew throwing the ball to the infielders
- I: Michael stepping on home plate

## Then & Now



1952  
Uniform



2019  
Uniform

# Seniors



Alexander



Christopher



Jake



Matthew



Michael



Rafael



Robert



Ryan





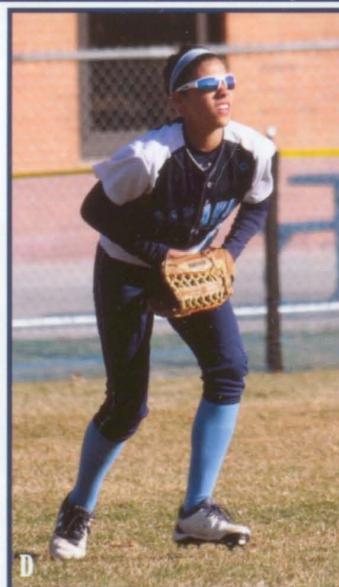
## Varsity

Samantha Settecasi, Brooke Rennar, Gianna Egbert, Nicole Birdsall, Briana Koutros, Lindsay Renn, Gianna Cantone, Shea Walker, Kathryn Murray, Hailey Kaiser, Gianna Depalo, Danielle Colontino, Alexis Buccola



## JV

Samantha De La Cruz, Alexis Williams, Julianna Livolsi, Darlene Rodriguez, Maegan Pluchino, Bryana Martinez, Sarah Gallagher, Jillian Anderson, Kylie Vansciver, Lea Zotollo



# Girls Softball





Once you enter the Paramus Softball Program, you are instantly brought into a new group of friends that soon become like your sisters, supportive coaches and teammates, and learn how to work hard for a wanted end result, all while having constant laughs, jokes, and fun. The theme of traditions is key in the Paramus Softball Program, whether it's wearing your uniform to school on a game day, or having the same 'team routine' before stepping onto the field to play. As their last year to show it all, Seniors Nicole Birdsall (captain) and Gianna Cantone will be ready to go on April 1st. Bird plays right field and has had an amazing 3 years in the program as a varsity player. She will make her team proud during her last year as she strives with her leadership and team spirit. Gianna Cantone plays center field and is one of our only lefty's at the plate. She is great at making contact and driving the ball to the opposite side of the field. Her intensity for the game is high, as is her love for the game. The juniors also work very hard and have contributed to the team tremendously. They will continue with their overall talent in this upcoming season and are excited to be playing for a third year. Thanks to Head Coach Brian Hay and Assistant Coach Marc Gregory we have had a strong program consistently through the years. Their hard work is contributed 100% to the team with their goal to make us better as individuals, as a team, and as a program overall. They are always looking to make us the best we can be throughout the year. One of the best traditions that we have is going to Florida in March every year. In this Spring Training experience, the team bonds like never before. This is where we become a family and learn how to work hard together as a team, and compete together. This trip is possible because of our coaches making sure that we can get there with all of the fundraising. Paramus Girls' Softball makes the girls that play feel a part of something special, which is one of our main goals at the beginning of every season. Captains: Brooke, Nicole, and Samantha

## Captions

- A: Nicole having a practice catch before the inning
- B: Katie Murray ready to make the play at first
- C: Shea waiting to catch the next pitch thrown
- D: Danielle getting set for the pitch to be thrown
- E: Gianna Cantone rounding the base ready to score
- F: Brooke throwing to make an out
- G: Katie Murray back door sliding to home plate
- H: Gianna Cantone making a throw to first
- I: Katie Koutros walking to the mound
- J: Katie Koutros in her wind up
- K: Alexis running to the next base
- L: The girls getting set as Katie pitches it in
- M: Coach Gregory congratulates Danielle on her hit
- N: Samantha rounding the base looking for a sign

## Then & Now



1987  
Uniform



2019  
Uniform 121

## Seniors



Nicole  
CAPTAIN

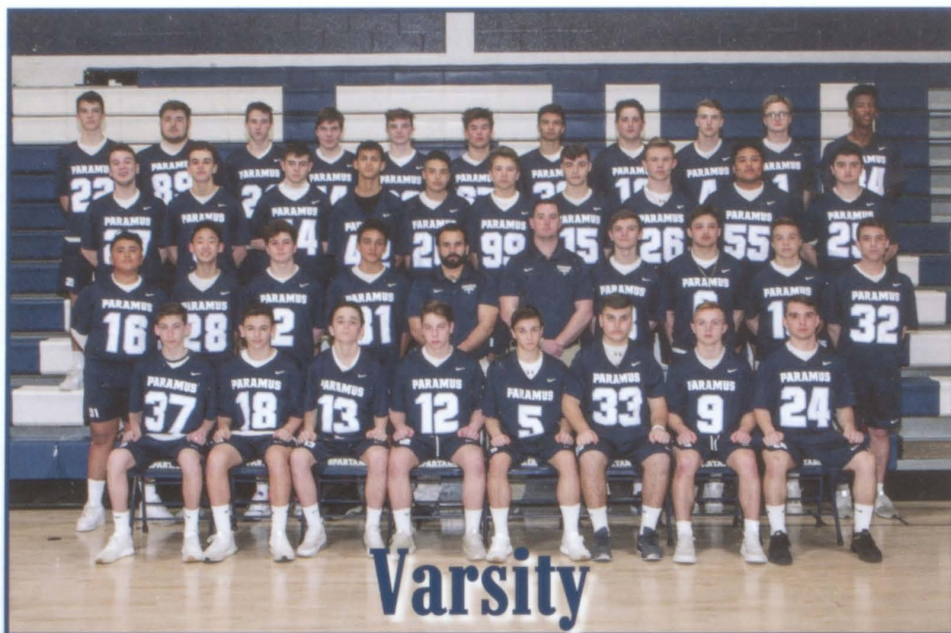


Gianna



Gianna

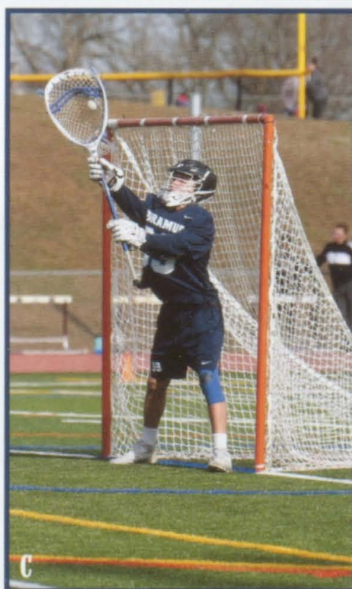




Alexey Maydanov, Joshua Ferro, Tyler DiPopolo, Joseph Campbell, Logan Connolly, Mike Salas, Cole Hagen, Ethan Ownes, Daniel Marte, Christian Askling, Ryan Gass, Daniel Hong, Erik Hegyi, Thomas Kuhn, Robert Renn, Joseph Mancuso, Matthew Joyce, Nicholas Dellapesca, Frederic Kates, Anthony Sebahie, Peter Voorhis, Naol Tulu, Mason Bellinger, Cooper Bopp, Matthew Torcivia, Corrado Morsella, Sebastian Aristy, Kevin Carmichael, Michael Feorenzo, Tyler Behnke, Ari Sarafian, Brody Schneitzer, Luke Bessen, Damian Cacciato, Joshua Carbone, Matthew Bellinger, Joseph Cassesa



# Boys Lacrosse







The lacrosse program at the high school has never really been something people took seriously. The teams of the past created a culture of fighting and toxicity that followed for years to come. This year we have moved away from this in hopes that future Paramus lacrosse teams will do the same. With the help of our coaching staff that began this journey with us our freshman year, we have completely changed what it means to be a Paramus lacrosse player.

Being a relatively new program, there were never any huge expectations going into our season. This year that changed as we are a true contender to win the league title for the first time in program history. Our senior class has worked so hard to get to the position we are in now and with the help of very talented underclassmen, hope to achieve our goal of making program history. Captain, Matthew Bellinger

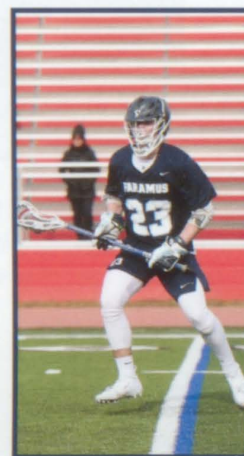
## Captions

- A: The team gathers in a huddle tapping sticks.
- B: The lacrosse coaches gather the boys for a halftime talk.
- C: The teams goalie makes a save.
- D: Kevin makes his way down the field.
- E: Ryan scoops the ball while teammate Alexey covers him.
- F: The team stands face to face with their opponents.
- G: Matt escapes from his opponents with the ball.
- H: Offensive player, Peter, cradles the ball.
- I: Ryan scoops up the ball and is on the run.
- J: Defensive player scoops the ball during the teams practice
- K: Joe breaks away from his opponents with the ball.
- L: Kevin warms up with a pass to his teammate.

## Then & Now



2008  
Uniform



2019  
Uniform

## Seniors



Anthony



Christian



Josh  
**CAPTAIN**



Luke



Matthew  
**CAPTAIN**



Robert  
**CAPTAIN**





Front Row: Ashley Hackel, Alyssa Panagia, Julia Eleftheriades, Ashley Kennedy, Emma Bessen, Heui Kim. Second Row: Dipika Pujara, Grace Perez, Rachael Romaglia, Blerta Lita. Back Row: Olivia Voorhis, Joanna Balestier, Marissa Behrens, Nicole Schoonhen, Kristina Damato, Nicole Buccola, Patricia Daniels.



Front Row: Gianna Wicker, Madison England, Chloe Morato, Sofia DiStefano, Caroline Kennedy, Maria Karagiorgis. Second Row: Zubaida Ghani, Amanda Licini, Anushka Nair, Maral Sarafian. Back Row: Lea Hegewald, Mila Schultz, Olivia Triola, Cassie Pagnozzi, Taya Gerardi.



# Girls Lacrosse



Emma



Grace





The 2019 Paramus Girls Varsity Lacrosse team consists of captains Nicole Buccola, Patti Daniels, and Olivia Voorhis, along with seniors Rachael Romaglia, Kristina Damato, Joanna Balestier, Emma Bessen, Grace Perez, Heui Jin Kim, and many other hardworking athletes that contribute to the team's success. In order to make this season possible and the best it could be, we have to thank Coach Bellinger and Coach Brock for all of the effort and dedication they have put into making us better athletes. None of us would have had such an enriching experience or seen so much success throughout these four years without the leadership and commitment of our coaches. As much as they pushed us to be better and work harder, we cannot forget all of the laughs and fun they integrated into our team. For that, and for so many other things, we are so grateful to have been coached by them. Throughout our years playing for Paramus Girls Lacrosse, we have broken several individual records along with making our first appearance in the state tournament and winning two league championships. This program has grown so much from when we started as freshmen to leading it as captains. We appreciate the fun environment it provided for all of us to grow closer as teammates and friends, but also the culture of hard work and drive that it exposed us to. We will never forget the pasta dinners, scavenger hunts, kidnappings, and senior day festivities. We will look back on these memories for the rest of our lives and we look forward to seeing the Paramus Girls Lacrosse program grow and succeed far after we graduate. Captains Nicole Buccola, Patti Daniels and Olivia Voorhis

### Captions

- A: Nicole Buccola takes off cradling the ball
- B: Julia heads straight for opponent
- C: Alyssa Panagia caught between two offensive opponents
- D: Alyssa and Marissa defending against the other team
- E: Nicole Buccola tries to block the throw
- F: Emma Bessen tries to scoop the ball under opponent
- G: Patti Daniels catches the ball from teammate
- H: Nicole Buccola and opposing player reach for the ball
- I: Marissa and the other team run toward the ball
- J: Emma Bessen defends against other team player
- K: Dipika tries to go against the player for the ball
- L: Both Nicole and Marissa fight struggle to keep the ball

### Then & Now



2009  
Uniform



2019  
Uniform

## Seniors



Heui Jin



Joanna



Kristina



Nicole  
**CAPTAIN**



Nicole



Olivia  
**CAPTAIN**



Patti  
**CAPTAIN**



Rachael





Front Row: Scott Chung, Victor Estwick, Jonathan Reveille, Hojin Kim, Divit Malkan. Back Row: Coach Klass, Ryan Soehnel, Aidan Cullen, Michael Jhin, Marcus Kang.



Front Row: Alexandra Cassella, Vanessa Chen, Delianny Vazquez. Back Row: Coach Sabella, Lois Kim, Coach Helm.

# Co-Ed Golf







Both boys and girls golf excelled during the 2019 season. From practicing at the PGA Tour Superstore to finally getting out on the course, both have put hard work and dedication into this sport. With the help of coaches Klass, Barnes, Sabella, Velez, and Evans, Paramus Golf was able to proceed through a very successful season.

Key players Marcus Kang and Scott Chung and seniors Divit Malkhan and Jon Reveille helped lead the younger members of the team step-up their game with support and guidance. Even with the young team, the boys' team was able to continue the streak of success in the golf program by making it to the State Tournament once again. Key member of the girls' team, Lois Kim, also helped her team reach their goals, even with a lack of other members on the team. The future of Paramus Golf looks bright with the youth and talent coming up, helping the program continue the tradition of success.

-Junior Captain Marcus Kang

## Captions

- A: Vanessa lines up her chip.
- B: Scott prepares to make contact with his ball.
- C: Jonathan follows his drive.
- D: Delianny launches her ball towards the green.
- E: Lois executes a perfect chip.
- F: Ryan eyes his target.
- G: Divit prepares his swing.
- H: Lois uses her iron on the green.
- I: Aidan teeing off.
- J: Alexandra takes a practice swing.
- K: Marcus maintains excellent form.

## Then & Now



2004  
Uniform

2019  
Uniform

# Seniors



Delianny



Divit



Jonathan  
CAPTAIN



Lois





Front Row: Ronit Patel, Shlok Patel, John Song, Patrick Tsai, Benjamin Mousserie, Patrick Lee. Back Row: Zachary Sobelman, Do Lee, Cavin Gada, Rayan Daroowalla, Matthew Davidson.



JV

Front Row: Aoto Takemura, Sashin Ramsaywack, Cavin Gada, Shlok Patel, Anthony Huang, Kyle Shyy, Sagar Patel. Back Row: Andrew Park, Hari Patel, Samay Mehta, Nicholas DeRobertis, Noah Thomas, Winson Zheng, Muneeb Khateeb.



A



B



C



D

# Boys Tennis



The Boy's Tennis team consists of five seniors - Patrick Tsai, Matthew Davidson, Rayan Daroowalla, John Song, and Zack Sobelman. We have watched the tennis transform itself over the past four years and with every season that passes, we are met with unforgettable memories. Although the sport requires discipline and focus, the team never fails to have a good time no matter if it is a hard practice or a game loss. The team is comprised of some of the funniest, smartest, and kindest individuals and everyone cultivates a sense of community that makes us all look forward to practice or a game. From messing around during the bus rides to eating so much food during all day tournaments to the end of the year pizza party, we have created some of the fondest memories of high school. This team would not be so amazing if it was not only for all the teammates, but the coaching staff as well. Coach Jyles and Coach Kukla have offered us unconditional support and advice. They helped grow this team from the second we entered as freshman when we were extremely confused and nervous as to how competitive high school tennis worked. They have become role models for all the guys on the team and we will all miss being a part of this team when we graduate. Captains, Patrick Tsai & Matthew Lee

## Captions

- A: John about to crush a volley
- B: preparing to hit the ball
- C: punishing a backhand down the line
- D: serving up some heat
- E: Zach preparing to strike the ball
- F: Do Hyung Lee looking to hit a crosscourt forehand
- G: John putting all his might into his hit
- H: Do Hyung Lee hitting a backhand serve
- I: Cavin keeping his eye on the ball
- J: Cavin following through
- K: Do Hyung Lee blasting a serve
- L: hitting a crosscourt forehand
- M: Zach attempts to reach the ball

## Then & Now



1989  
Uniform



2019  
Uniform

# Seniors



John

Matthew

Patrick  
CAPTAIN

Rayan

Zachary





Talin Agabap, Briana Koutros, Shelby DeMaio, Erica Chung, Jillian Wise, Maya Wisniewski, Jordana Singer, Michelle Park, Jenna Arnone, Caitlyn Calupad, Emily Klein, Elisa Ommen, Alina Gu, Nicole Young, Allison Wong, Rosella Valencia, Kaila McIntyre, Katelyn Edelmach, Mai Miyazaki, Alexa Arevalo, Rebecca Choi, Caroline Shen, Kaitlyn Weuste, Katelynn Haury, Valerie Kilicyan, Kayla Olivo, Keya Mahtani, Whitney Obiorah, Katelyn Cox, Chery Gada, Emily Mecaustland, Bella Rivarola, Giovanna Rydingsward, Iris You, Ellie Park, Tanvi Shah, Lea Mathew, Sophia Rodriguez, Kristy George, Daniella Passarelli, Megan Schoonhen, Chelsea Lu, Julia Oliveri, Sharon Choi, Talia Kates, Karina Cotter, Emily Puentes, Amirah Bhatti, Jin Yoo, Raelin Desanto, Aditi Kokra, Christine Di Iorio, Tiffany Landi, Julie Ribeiro, Elana Lepishina, Madison Molano, Melissa Kudlak, Michelle Lee, Diane Kao, Haddy Kebbeh



Steven Iannone, Daniel Stipanov, Daniel Kim, Steven Yeung, George Sirichartchai, Christopher Haines, Justin Holliday, Isaiah Park, Daniel Shinkorenko, David Shin, Kyle Cho, Gabriel Pineda, Krishnett Estrada, Anthony Alliegro, Jordan Tulkis, Michael Gjini, David Shinkorenko, Michael Haines, Brandon Gee, Gregorio Rivera, Andrew Lee, Rylan Marquez, Michael Doyle, Jonathan Sanger, Logan Rogalski, Michael Sebastian, Ian Lopez, Brandon Yip, Dennis Hemans, Melvin Macaayan, Matthew Tse, Alexander De Lumen, Vincent Sciglitano, Shaan Louis, Ronit Paul, Matthew Giannella, Conor O'Brien, Ethan Kwok, Skyler Larreategui, Christopher Rogalny, Brian Ribeiro, Ryan Fernando

# **Track** **& Field**



Caitlyn  
CAPTAIN



Briana



Caroline





It is crazy to think that we are currently in the last track season of our high school careers. Although the team is so big and is filled with different events, we've all come together as one team and developed a strong bond over the past four years. It is undeniable that Paramus Track and Field has one of the most supportive atmospheres, whether it be in a meet or just in practice. You can always find our teammates cheering for each other on the sidelines as they wait for their next event, and that has made being a part of this team all the more rewarding.

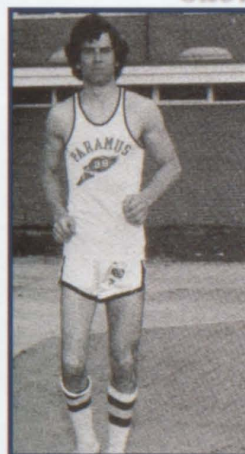
Our coaches are dedicated to challenging us to realize our potential, and for that we are extremely grateful. We've seen times go down, throws go farther, and jumps go higher year after year all the while learning that "where the mind goes, the body follows". Then, during our freshman year, leading the team in stretches and practice seemed like it was in the distant future. Now, we're doing just that, and we hope that we've set a strong example for the underclassmen and paved the way for them just as the seniors before us did. Our time on the team has been a lot of fun, and we wish the program good luck in the years ahead!

Your Captains: Matthew Giannella, Emily McCausland, Ian Lopez, Caitlyn Calupad, Conor O'Brien, and Kyle Cho

## Captions

- A: Ellie jumps the hurdle, putting her in the lead.
- B: George rushes to get past.
- C: Michael sprints ahead.
- D: Spartan shot putter hurls the shot put over him.
- E: Bella races to the finish line.
- F: Emily jumps over the hurdle to win the race.
- G: Ian pulls back to launch the shot put.
- H: Mai preparing to throw the pole.
- I: Spartan Pole vaulter propelling herself over the bar.

## Then & Now



1973  
Uniform



2019  
Uniform

# Seniors



Conor  
CAPTAIN



Emily  
CAPTAIN



Ian  
CAPTAIN



Kyle  
CAPTAIN



Matthew  
CAPTAIN



Allison



Anthony



Brandon



David



David



Ethan



Jonathan



Keya



Mai



Sharon

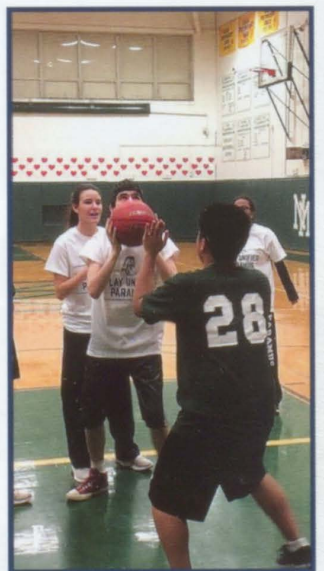


Steven





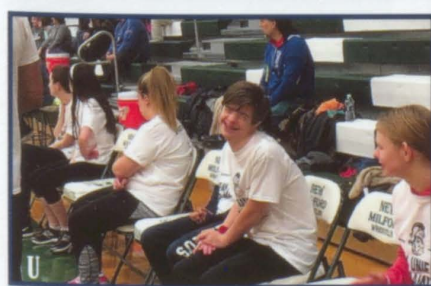
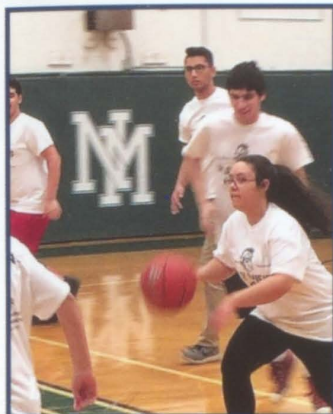
Row 1: Rawdah Elsayed, Alyssa Scimea, Anthony Aragona. Row 2: Michele Spinoso, Chelsea Onorato, Evan Kostopoulos, Christopher Fox. Row 3: Jeffery Cassanova, Joseph Driscoll, Skyler Larreategui, Justin Macleer, Daniel Cassabona.



# Club Unified

SONJ





Unified Sports is a club in which students of all abilities are able to compete against others, not just from Paramus High School, but also kids from other schools districts, in a safe, caring environment. Unified Sports gives all students, including other student volunteers, a place which fosters individuality and creativity in everyone. Through the support of all the teachers, the coaches, and of course, the parents, Unified Sports has given all students an unforgettable opportunity to be a part of the greater Paramus High School athletic community.

## Captions

- A: Both teams line up to congratulate each other
- B: The teams pose together after the game
- C: Danny goes in for a layup
- D: Chris and Chelsea waiting to go into the game
- E: Alyssa gets 2 more points
- F: Justin aiming for the basket
- G: A good defense is no match for Anthony
- H: Pure Hearts helper Sakina takes a shot
- I: Over the hands of the defender, Alyssa shoots
- J: Shaking hands for a well- played game
- K: The teachers here to support the players
- L: A host of Spartans run to the net
- M: Chelsea dribbles the ball down the court
- N: A job well done for both teams
- O: Team work makes the dream work
- P: Taking it down the court, here come Joseph
- Q: Rawdah making a break through the line
- R: Evan taking charge of the basketball
- S: Joseph rushes past the defenders
- T: Michele catches a pass from a teammate
- U: Supporting the team from the sidelines

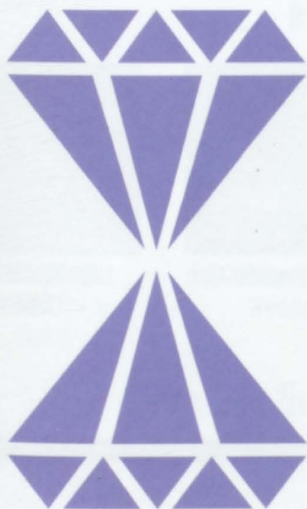
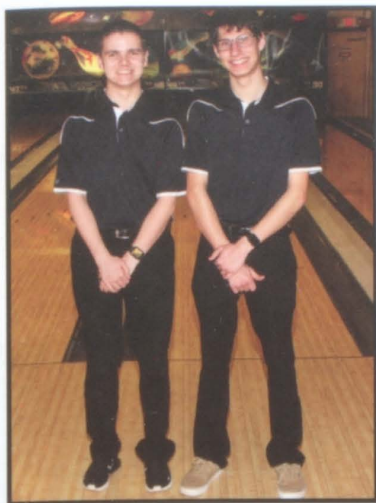




# S E N I O R S

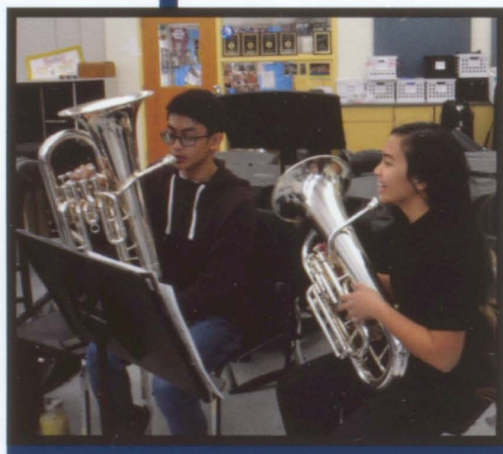








# ACTIVITIES



## Throwback Activities



1960 Play  
Performed entirely  
in Latin!



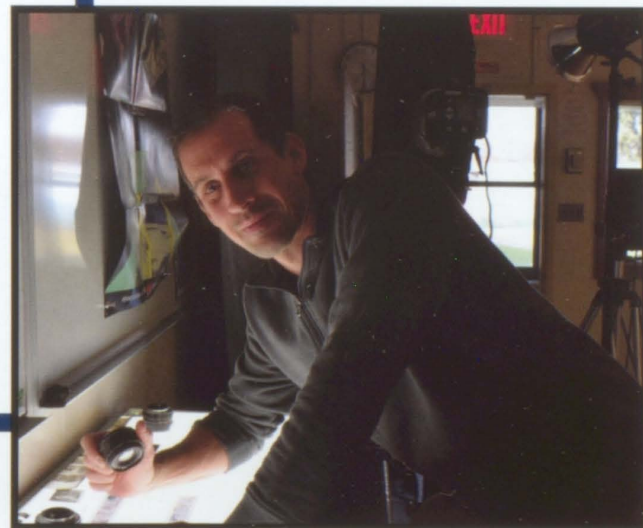
1970 Gymnastics Club



1980 Equestrian  
Club







Activities are the cornerstone of any school, and PHS has had its share of amazing events. From its inception, Paramus has inspired students to improve their community. **Then**, events were limited to the local area, **Now**, our students are traveling abroad and leaving their mark on the world. Though some activities have come and gone, many have stood the test of time, creating a lasting legacy of performance, service, growth, and success. Only time will tell what the next 60 years hold, but PHS is made better with every passing memory made at school events.



1990 Hebrew  
National Honor  
Society



2000 Family Living  
Weddings



2010 Pie Throwing  
Contest

**Gone But Not Forgotten!**

## School Events





The Dodgeball tournament at PHS has become a tradition over the years. The students and teachers compete against one another in many rounds of games. It is a humorous and action filled night. This competition has fostered a sense of community in our school since it was first introduced in the early 2000s. Each year students prepare for this exciting event to see who will be named the next dodgeball champion!

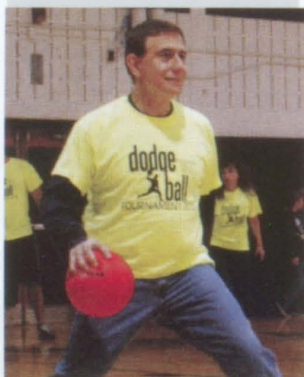


# *Dodgeball Tournament*

**Oct. 16, 2018**



## Previous Dodgeball Tournament

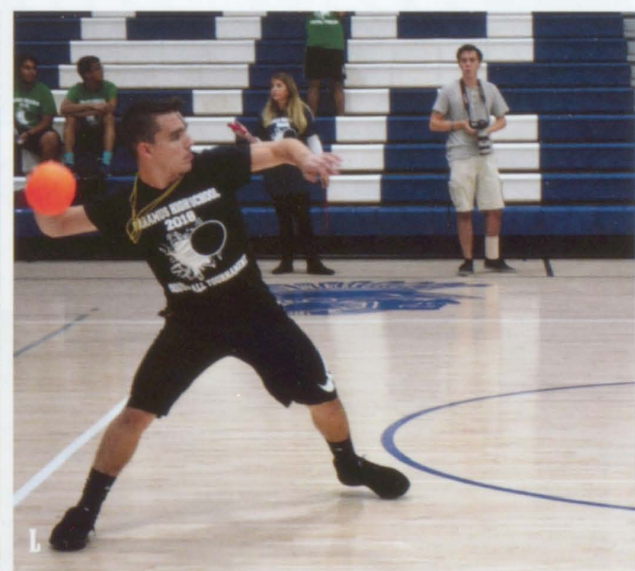
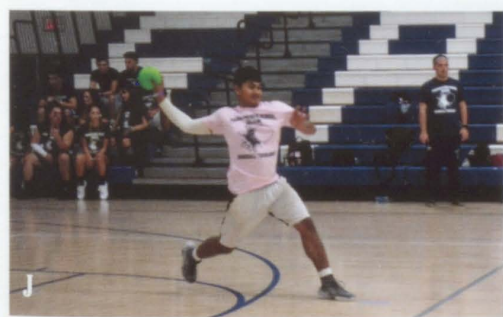


2011



**The Winning Team**





## Captions

A. Mr. Jenkins throwing a ball at opposing team with Faley behind for the second hit.  
B. Green team lunges down to throw  
C. White team looks to strike out opponent  
D. Players run to gain control of balls

E. Aren throws the ball at opposing team  
F. The blue team prepares to attack  
G. Mr. Jenkins and Mrs. Faley look to make sure they won't get hit  
H. The red team struggle to stay safe

I. Ashley scouts out the opposing team  
J. Shahzaib aims to get an opponent out  
K. Mr. Ferrari runs to dodge a ball from opposing team  
L. A member of the black team winds up to throw the ball  
M. The red team work together





Mr. Montouri's statement about his first Haunted Hallway, "I marvel at how our PHS students, who not so long ago were themselves the trick-or-treaters, rise to the occasion and do such an incredible job hosting this event for their younger counterparts."



Mr. Jenkins' thoughts on this years Haunted Hallway, "The great community event that brings the kids of Paramus together for a fun, candy-filled, Halloween experience."



Mrs. Southgate's thoughts on this years Haunted Hallway, "Haunted Hallway is an event that the Paramus community looks forward to every year. It's wonderful seeing the classrooms transform into works of art for all to enjoy!"

# Halloween and Haunted Hallway



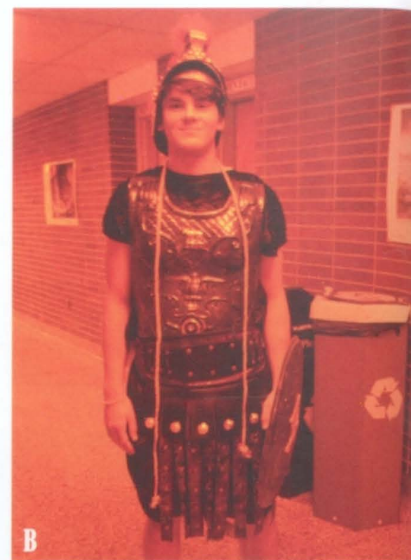
## Previous Halloweens



2009



2013

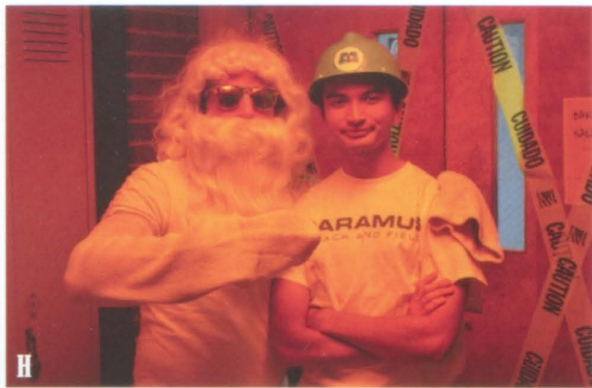
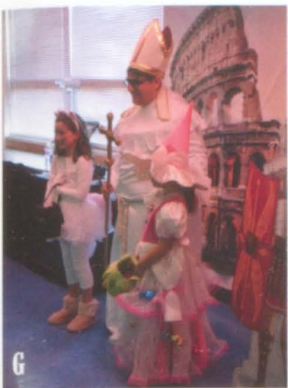


Faculty

Mrs. Faley







**Mrs. Gonzalaz**



**Mrs. Hawiszcak**



**Mrs. Mintz**



**Mrs. DeJoseph and Mrs. Andres**



## Captions

- A. A bearded man painting the Mona Lisa.
- B. Christian Guacei posing in a suit of armor.
- C. Rachael giving candy out to the trick-or-treaters.
- D. Denise and her friends preparing to scare the children.
- E. All of the students, dressed in costume.

- F. All of the students, dressed in costume.
- G. Joe dressed as the pope.
- H. Justin posing with santa.
- I. Skeleton prop in the Halloween spirit.
- J. Spooky science equipment.

- K. Little boy picking out his favorite candy.
- L. Monster decoration in the hallway.
- M. Syl posing in a suit of armor.
- N. Katie and Noelle as Monsters Inc. characters.
- O. Tri-M decorates their hallway.





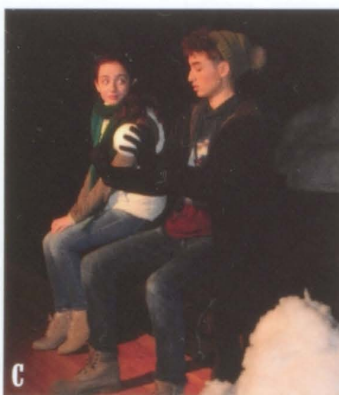
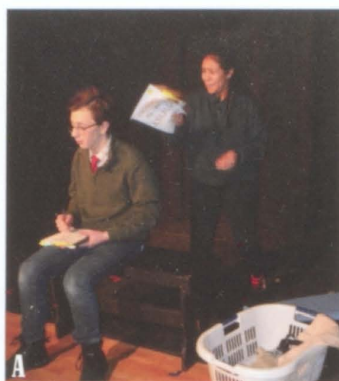
"Michelle Fernandes raves "Almost, Maine" is 'a play everyone can relate to,' with 'electrifying performances capturing every emotion! Must see!'"



"Almost, Maine is full of 'break-out stars' and 'love stories that grip the heart with every performance,' acclaims Andrew Ho"



"Chloe Colmenares calls "Almost, Maine "charming, enchanting, and transformative. It makes you think about love in a different way"



# Fall Play

## "Almost, Maine"

Dec. 7-10, 2018

### The Seniors



Caitlyn



### Previous Plays performed by PHS

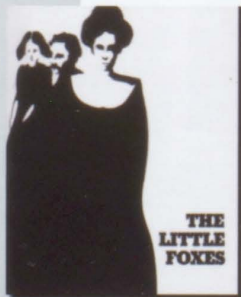


#### I Remember Mama



1985

#### The Little Foxes

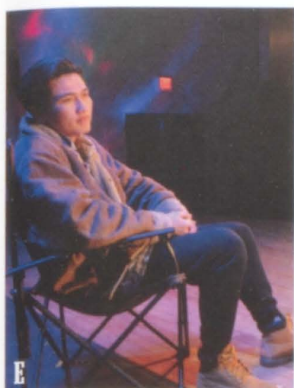


1978



Top: Jackson Norona, Joe Oliveri, Dean Beyer, Alex Hishikawa, Michael Rivera, Anthony Cangiamila, Samantha McDevitt, Anthony Williams, Ben Thuet, Jillian Wise, Emma Meo, Julianna Lalomia, Joey Pasquino; Middle: Taylor Szorentini, Jared Sternberg, Rayan Harfouche, Zachary Clark, Caitlyn Calupad, Chelsea Huaman, Brooke Lesser, Muthoni Githinji; Bottom: Tara Meyers, Chas Mees, TJ Franson, Joe Mandara, Joshua Holliday, Sarah Thomas, Denise Yildirim, Katherine Horne, Ariella Zonenashvili, Isabella Does, Andrea Sullivan; Not Pictured: Maya Ortiz





G



*Denise*



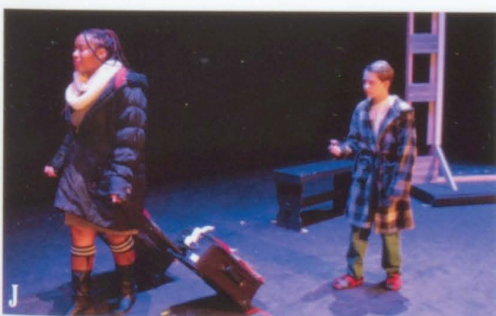
*Josh*



*Katie*



*Sarah*



## Captions

A. Joe and Maya talking about what it means to feel pain  
B. Isabella and Chas as a pair of exes seeing each other again for the first time  
C. Zachary and Andrea trying to take their relationship to the next level  
D. Anthony trying to fix Sarah's broken heart

E. Senior Joshua Holliday in his role as Randy  
F. The incredible, hard working stage crew!  
G. Sarah's character Glory observing the Northern Lights  
H. Katherine and Jared getting all the love they ever gave each other back

I. Joshua and Dean share an intimate conversation  
J. Muthoni and TJ talking through their failed relationship  
K. Brooke and Joe try to analyze Joe's abstract painting  
L. Ben and Denise spending a turbulent anniversary together





# Game Time Harlem Wizards

March 1, 2019

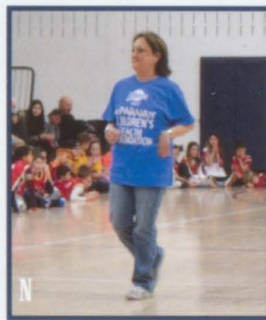
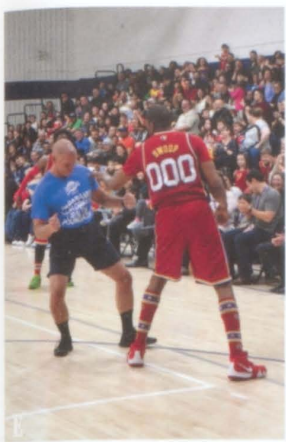


Throwback  
Game



Our Referee, Mr. Limbacher, ready to make some tough calls.





## Captions

- A. Foul shots call for entertainment.
- B. The first of many dunks.
- C. Mayor LaBarbiera having some fun.
- D. Miles-High shows where he got his name.
- E. Opponents getting along.
- F. Acknowledging the fans.
- G. One of Paramus' best letting a shot fly.
- H. The Wizards make their entrance.
- I. Sarge gets ready to slam the rim.
- J. Officer Lou showing his skill.
- K. Paramus All-Stars get on the board.
- L. The All-Stars play lock-down defense.
- M. A Wizard over rotated his dunk.
- N. Coach Robinson enters the gym.
- O. Swoop inspiring the WizKids
- P. Kasper straining the backboard.
- Q. Paramus with some hops.
- R. Deciding to go behind-the-back.
- S. The Paramus All-Stars circle the gym.



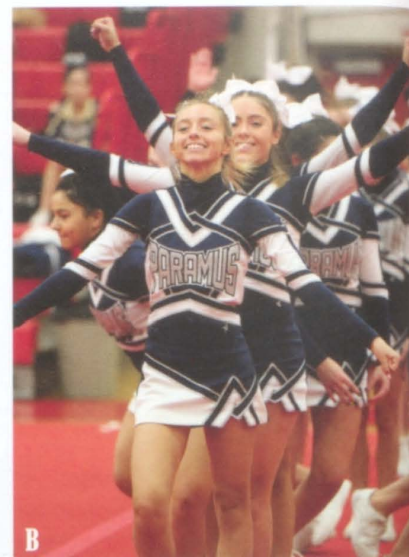


This year's competition team was truly remarkable. For the first time ever our record was 5-1. Over the years we have tried to improve the mistakes from years past, yet it did not show when we received our scores. This year our team went above expectations to show everyone how much talent we truly have. Our scores this year proved that we are capable of working together and improving. It was clear to us when we received the highest scores we have ever seen. We are all so proud of each other's hard work and effort put into this year's team and excited to see what the future holds for PHS Cheer!



# Competition Cheerleading

Record 5-1



## The Seniors



Gianna



## Then & Now Competition Cheer Team



2011

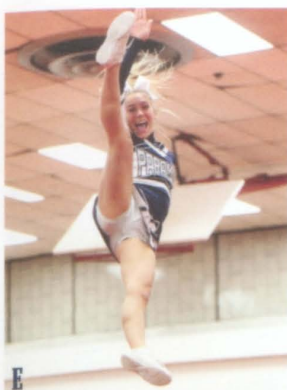


2019



Front Row: Grace Babilot, Shayla Barbalat, Gianna Cantone, Riley Barbalat. Second Row: Julianna Mihalik, Jenna Arnone, Ariella Molina, Emily Saito, Danielle Colontino. Back Row: Valerie Kilician, Alexa Maksym, Nicole Schoonhen, Lailly Guimaraes, Giulia Mimmo, Jamie St Andrew, Marley Kiss.





*Gracie*



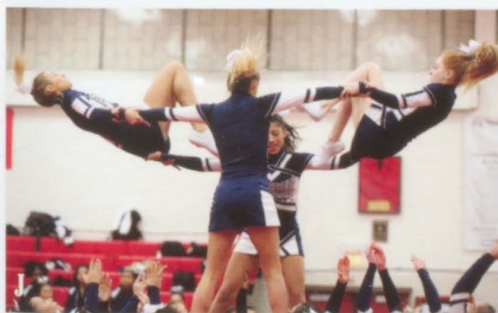
*Lailly*



*Nicole*



*Shayla*



## Captions

- A. Shayla strikes a pose while Gracie does a back tuck
- B. Shayla and Marley hit their opening pose
- C. The team performing their routine
- D. Danielle does a toe touch in a basket toss

- E. Gracie hits the top of her kick single basket toss
- F. Shayla and Gracie throw Riley in the pyramid
- G. Gracie pulls a heel stretch in first stunt
- H. The girls perform their mini dance
- I. Riley and Gianna throw their back handspring

- J. Shayla and Riley throw their back tucks in the pyramid
- K. Shayla hits a lib during first stunt
- L. The girls strike a pose during the dance
- M. Marley, Lailly, and Danielle performing





Joanna Balestier calls the talents of her peers "incredible - definitely one of the most memorable nights for me at PHS. And the brownies weren't too bad either!"



Chris Rogalny "really liked the decorations that were set up, as well as the theme."



Emily Schatz praises all of the performances as "amazing" and remarks that "everybody had a great time! There are so many talented people" and the audience was "really impressed."

# PHS Music

## Coffee House & Performance Groups



### Featured Performers



Brooke



### Previous Coffee House Performances



2005

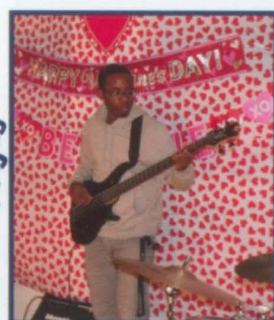


2010





*Zach*



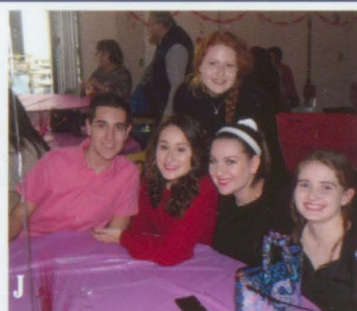
*DeeJay*



*Jon & Saki*



*Sarah*



## Captions

- A. Concert Choir
- B. Treble Choir
- C. Chamber Singers
- D. Jazz Band

- E. Orchestra
- F. Chamber Strings
- G. Symphonic Band
- H. Wind Ensemble
- I. Tri-M Honor Society

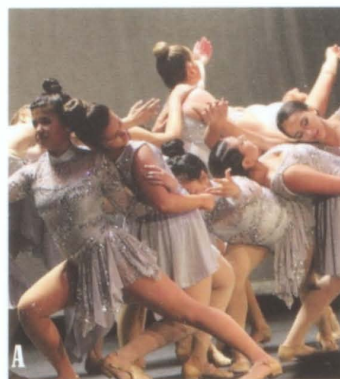
- J. Nikole, Anthony, Elana, Camilla, and Natalie getting ready for the performances to begin
- K. Joanna, Joe and Rachael enjoying the performances

- L. Tri-M takes the dance floor in a brief intermission





The Spartanettes Dance Company has become part of the Paramus High School Performing Arts tradition. It is a Rockette inspired dance company; over the past 6 years, performances have included "Sharing The Gift of Dance Tour" for all our schools and community., in addition to annual Power of The Dance and Holiday Winter concerts as this years' highlight performance in Disney. Some other memorable moments have been, NJHS Dance Festival, Broadway Classroom, Rockette Experience, and guest choreographer masterclasses and workshops. The Spartanettes truly SHINE here at PHS and beyond. - Claudine Ranieri



# Spartanettes

## Dance Company

### Dance Honor Society



Heui Jin



### Previous Dance Performance at PHS



#### Power of Dance

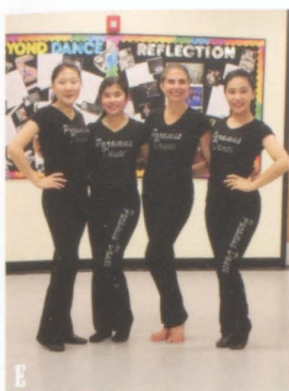


2014



Front Row: Manami Saito, Mia Devizio, Haruna Tomiyasu, Maiza Camargo, Brooke Schoonhen, Sabrina Avakian.  
Second Row: Heui Jin Kim, Makayla LaBode, Airi Hosoi, Kyra Kiss, Jordan Reiss, Isabela Sanchez, Morgan Hergenhan.  
Back Row: Isabella Verma, June Kim, Emily Saito, Laura Kim, Chloe Yang, Gabriela Miloseska.





June



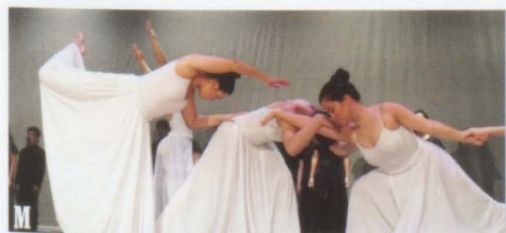
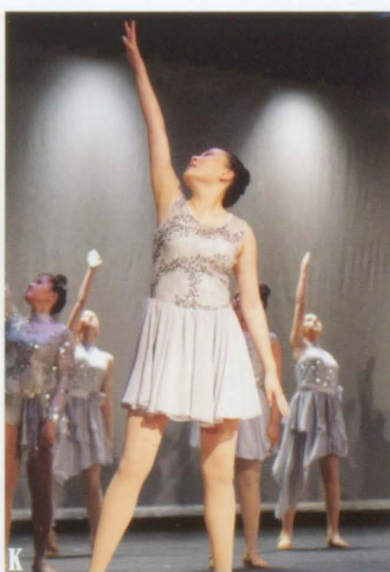
Manami



Mia



## The Seniors



### Captions

- A. Displaying great emotion during a performance
- B. Chloe Yang and Manami Saito delivering a gift to the elementary students
- C. Spartanette dancers posing in their snowman costumes
- D. Dancers warming up on stage all together

- E. Seniors Mia, Manami, and June with Ms. Ranieri
- F. Dancers elegantly moving in beautiful white skirts
- G. Senior dancers on stage before their annual spring performance
- H. Dancers hitting a passe all together

- I. Showing great technique on pointe
- J. Dancers hitting a pose on stage
- K. Reaching for the sky on stage during the spring showcase
- L. June Kim performing an arabesque
- M. Dancers on stage during a performance





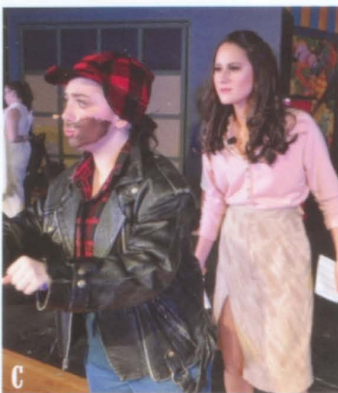
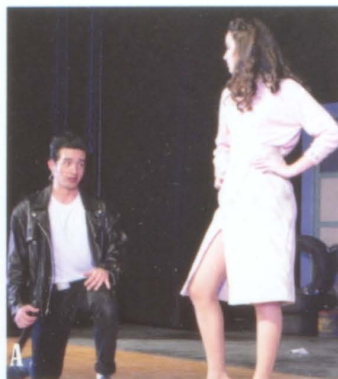
"Camilla Palombo calls *All Shook Up*, "A funny, heart wrenching story that will have you on the edge of your seat". It portrays the true meaning love.



"When I brought my mother to the show, I told her it had something to do with the life of Elvis. Although that was partially true, the show brought my mother to tears of joy because it reminded her of "her time" and "her music". The talent on display for *All Shook Up*, was nothing short of spectacular. It is performances like this that have made me proud to be the Principal of Paramus High" acclaims Mr. Kiem.



Katie Horne raves *All Shook Up* is "the best show Paramus has put on in years". Jadon Lopez as 'Chad' brings color, life, and love to a dull and dreary town. Meanwhile, the cast seemed to have the same effect on the audience.



# Musical "All Shook Up"

March 15-17, 2019

## The Seniors



Camilla



## Musicals performed by PHS



### "Bye Bye Birdie"



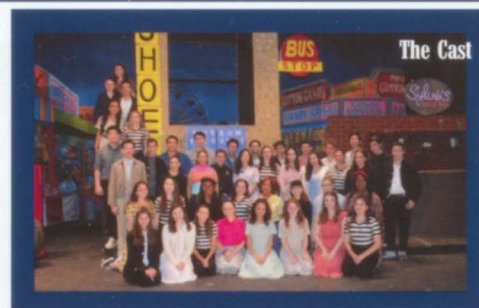
152

1982

### "West Side Story"



1995



The Cast

Front Row: Alyssa LaMothe, Samantha McDevitt, Eden Hod, Christina Lenda, Omayma Jabara, Natalie Morell. Second Row: Emily Luh, Angelique Attieh. Third Row: Talar Boyadjian, Markianna Lekkas, Muthoni Githirji, Isabella Dore, Meili Burnett, Andrea Sullivan, Emma Meo, Ziara Corporan. Fourth Row: Joshua Holliday, Lauren Jeske, Maya Ortiz, Joseph Mandara, Irene Jang, Brooke Lesser, Elana Mutnick, Ariela Zonenashvili, Allison Xiao, Mikayla Kelleher, Chas Mees. Fifth Row: Jonathon Ho, Anthony Cangiamila, Daniel Ramirez, Anthony Williams, Gregorio Rivera, Richard Conte, Todd Natale, Rayan Harfouche, Zachary Clark, Andrew Ho, Jared Sternberg. Sixth Row: Denise Yildirim, Lillian Merrill. Seventh Row: Katherine Horne, Jadon Lopez. Back Row: Camilla Palombo.



The Crew

Front Row: Rachel Meli, Ari Norona, Regina Valencia, Emily Puentes, Janya Mirpuri, Joseph Pasquino. Back Row: Jaewon Ryu, Michael Rivera, Katherine Roberts, Caitlyn Calupad, Jillian Wise, Hayley Kirsch.



Pit Orchestra

Front Row: Jake Thistle, Siddarth Sudeesh, Eun Lee, Emily Schatz. Back Row: Simon Jang, Joyce Ko, Brandon Lui.

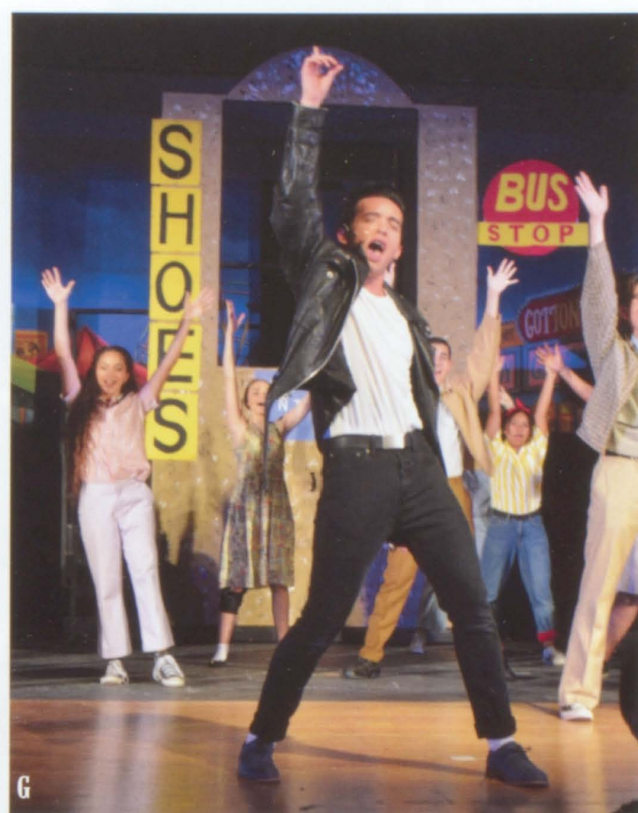




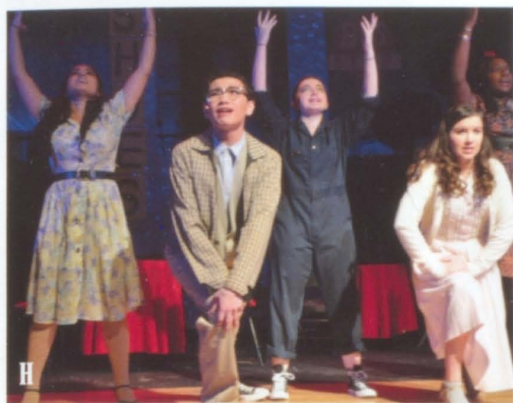
E



F



G



H



I



*Denise*



*Jadon*



*Jonathan*



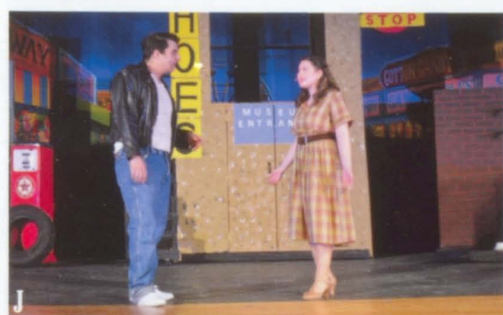
*Joshua*



*Katie*



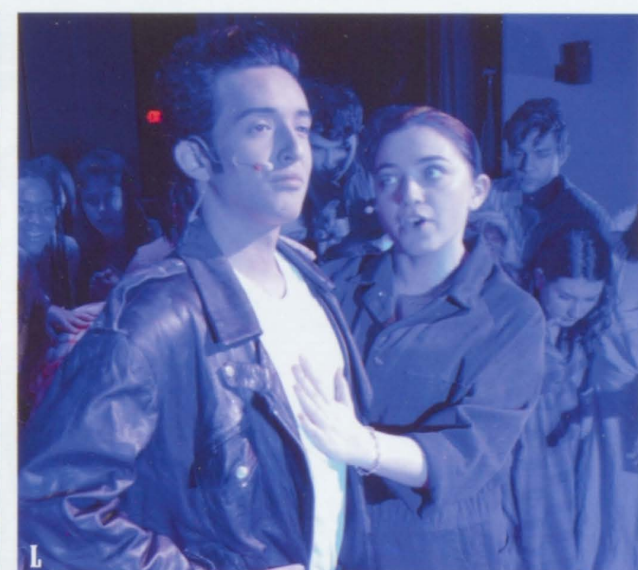
*Lilly*



J



K



L



M

## Captions

A. Jadon Lopez's character on one knee for Elana Mutnick.

E. Danielle Ramirez acting as his character, Jim.

B. Camilla Palombo singing "Can't help falling in love with you".

F. Jadon leading the group in "Jailhouse Rock".

C. Katie Horne as her characters alter ego, Ed.

G. Jadon Lopez singing "Common Everybody".

D. A group during the number, "Heartbreak Hotel".

H. Denise, Joshua, Katie and Samantha singing "Heart break hotel".

I. Denise and Katie during the song "Heart break hotel".

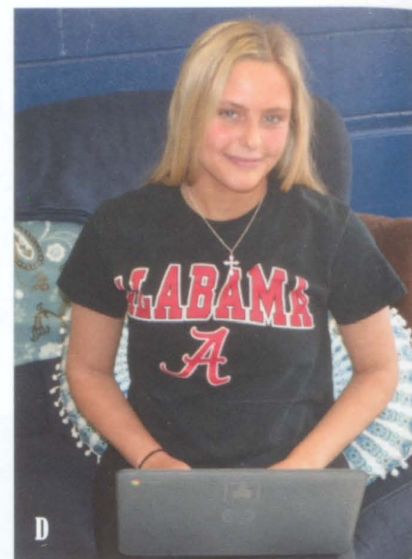
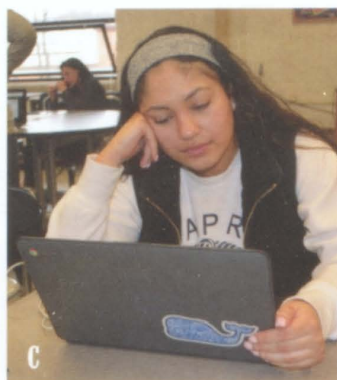
J. Daniel and Camilla acting during a scene.

K. Brooke, Lilly and Anthony singing "If I can Dream".

L. Katie Horne as Natalie singing "One night with you".

M. Katie singing "Follow that dream" and turning into the character, Ed.





# The Delphian Yearbook Staff 2019



*Alyssa*

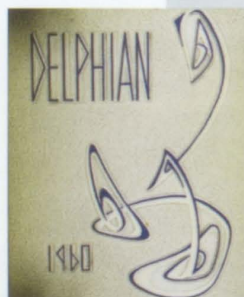
*Anthony*

*Brooke*

*Chloe*



Old PHS Yearbook  
Covers



1960



1990



Front Row: Lailly Guimaraes, Chloe Colmenares, Gianna Cantone, Ms. Sarnoski, Alyssa Guale, Rida Shaikh, McKenna Leckey. Second Row: Anthony Alliegro, Ashley Normandia, Talia Gerardi, Macie Stella, Jessica Turton, Matthew Giannella. Not Pictured: Brooke Burrows



This year the yearbook staff worked hard to create a book in which people could look back and relive their memories. Many people don't realize how much dedication and hard work it takes to create a yearbook, considering the short 8 months we have to complete it. Although the staff truly spends many hours perfecting all the pages, it would not be possible to create this book without the help of all the people in the school. Without students participating in sports, activities, and clubs there would be no pictures to incorporate, which would result in an unremarkable yearbook. Not only are the students vital to accomplish all of our goals, but so are many of the staff of Paramus High School. We admire our administration including Mr. Kiem, Mr. Natalo, and Mr. Montouri for always supporting us and their students by going to all of our events. Not only do we thank our administration but our athletics department, Mr. Roll and Mrs. Rodriguez, for scheduling and supervising sports events, sports pictures, as well as loaning us the gyms for all of our events and practices. We also want to give a big thank you to Rod Bolten/Sports Shots but most importantly Rod and Hector who do all of our photography because without them we wouldn't have any sports/club pictures to incorporate into our yearbook. We thank Mrs. Muller and Mrs. Dalio for coordinating our schedules and the use of facilities and our custodial staff who makes sure to keep our school beautiful and in great condition as well as always being there to help during so many events. The Herff Jones staff makes sure our book is put together and free from mistakes as best as they can and that is something we greatly appreciate: thank you Ellen, Kristin, and Sarah! Lastly but most importantly, we thank Ms. Sarnoski for being our yearbook adviser. She is always around to answer questions, critique our work, as well as always giving us compliments on the pages we have created. She teaches us to work together to accomplish this book full of memories and makes sure we work our hardest to make it the best work we could possibly do. We have all truly enjoyed working on this 60th edition of the Delphian all year and we hope everyone loves it as much as we do! The yearbook staff hopes you look back at this yearbook and remember how wonderful the Class of 2019 was.



*Gianna*



*Jessica*



*Lailly*



*Macie*



*Matthew*

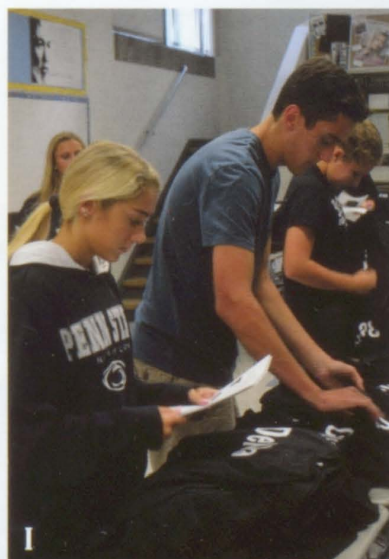


*McKenna*



*Talia*

## *The Seniors*



### Captions

- A. Anthony works on sorting out the senior apparel
- B. The girls stop for a picture as they carry the box of clothes
- C. Alyssa looks over her yearbook page
- D. Talia smiles for a picture as she works on her page

- E. Lailly explaining her ideas for her yearbook page
- F. Gianna looks threw old yearbooks to find a throwback picture
- G. Jessica checks the calender to keep up with the deadlines

- H. Matthew shows Chloe the page that he is working on
- I. Gracie and Matthew organize senior apparel
- J. Macie poses for a picture as she works on her yearbook page
- K. Rida and Ashley hard at work



# CLUBS



**ESL Honor Society**

Established 1992

## Major Events in History



1960s  
The Moon  
Landing



1970s  
The Vietnam War



1980s  
MTV introduces the  
music video







## National Honor Society

Established 1963

Clubs offer the students of PHS an opportunity to explore their passions and pursue extracurricular goals. Along the way, students make friends and meet new people through the experiences they share. **Then**, our students, once eighth graders, eagerly awaited the start of high school to take advantage of all of the opportunities available to them. **Now**, they are doing just that, whether it be through joining a volunteer organization to help make the world a better place, joining an academic club to further educate themselves, or just joining a group for the fun of it!



1990s  
The beginnings of  
the Internet



2000s  
Barack Obama is elected



2010s  
The Royal Wedding of  
William and Kate

Over the Past 60 Years

# School Groups



# Clubs

2019



**Amaranth**

Established 1985



**American History Travel**

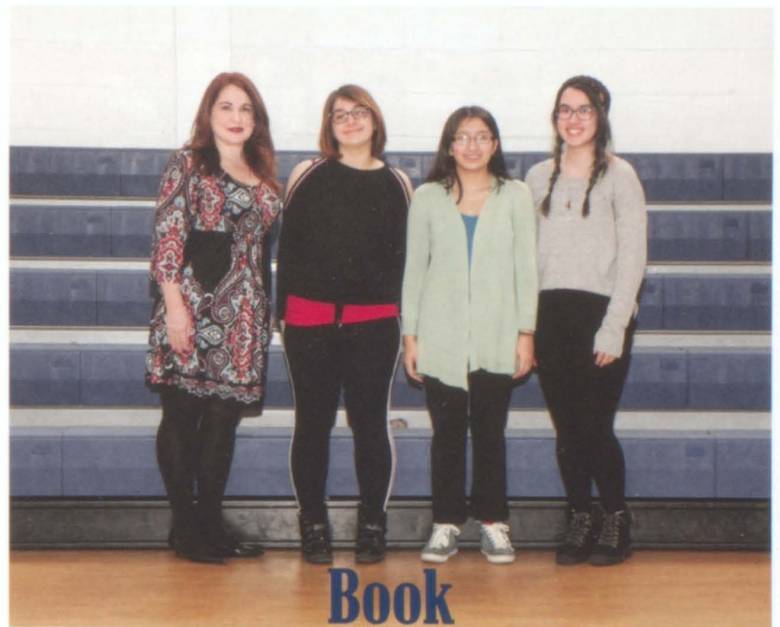
Established 1983





## Art

Established 1983



## Book

Established 2013



## Crochet for Charity

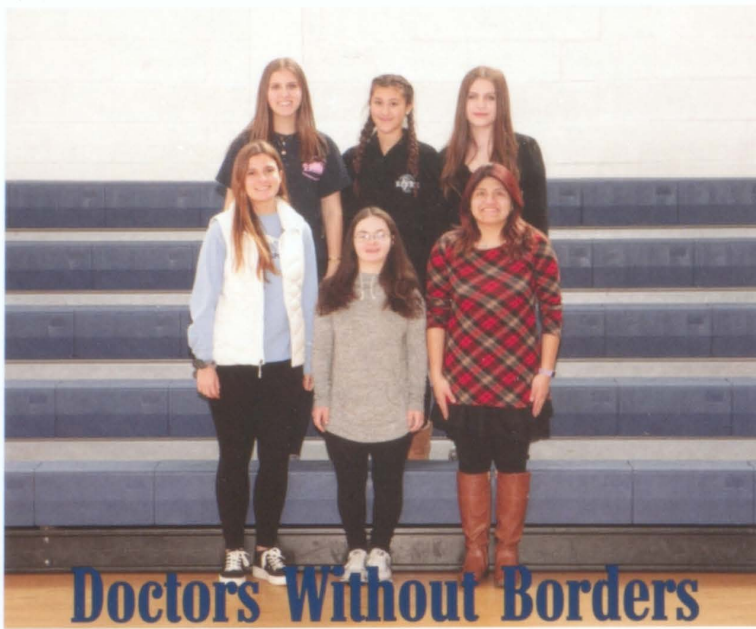
Established 2014



## DECA

Established 1996





## Doctors Without Borders

Established 2018



## ERASE

Established 1994



## Fed Challenge

Established 2000



## Freshman Class

Established 1959





**German**  
Established 1979



**German Honor Society**  
Established 1979



**Girl Up**  
Established 2018



**GSA**  
Established 2001

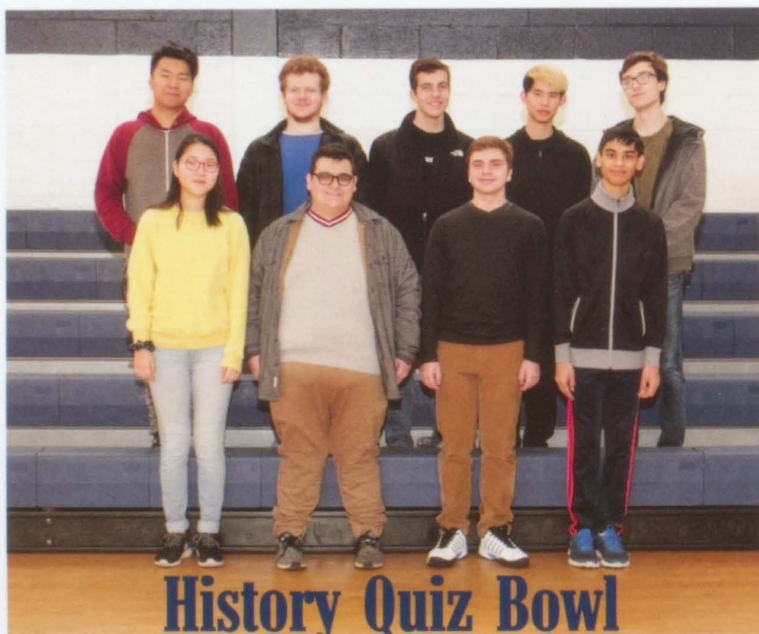




**Hand in Hand**  
Established 2011



**Harvesters**  
Established 1994



**History Quiz Bowl**  
Established 2009



**HOPE**  
Established 2008





**HOSA**  
Established 2017



**Interact**  
Established 1985



**Italian**  
Established 1980



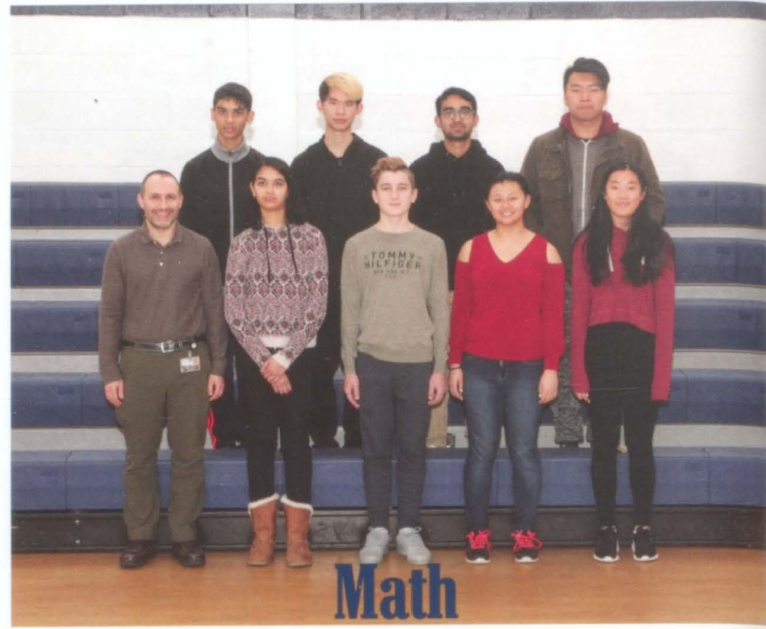
**Italian Honor Society**  
Established 1980





## Junior Class

Established 1959



## Math

Established 1959



## Model UN

Established 2003



## National Art Honor Society

Established 2007

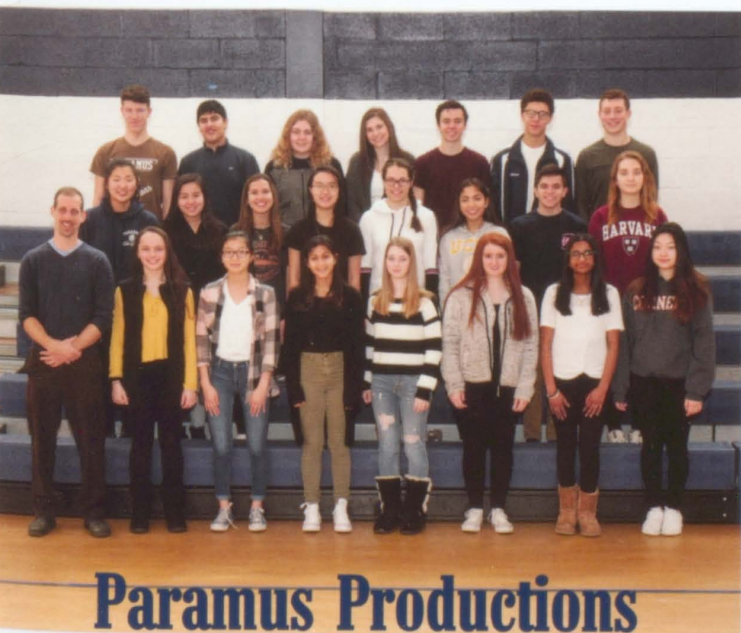




**National Forensic League**  
(Debate) Established 1960



**Neighbors Helping Neighbors**  
Established 2011



**Paramus Productions**  
Established 2014



**PAWS**  
Established 2007





**ProStart**  
Established 2014



**Pure Hearts**  
Established 2008

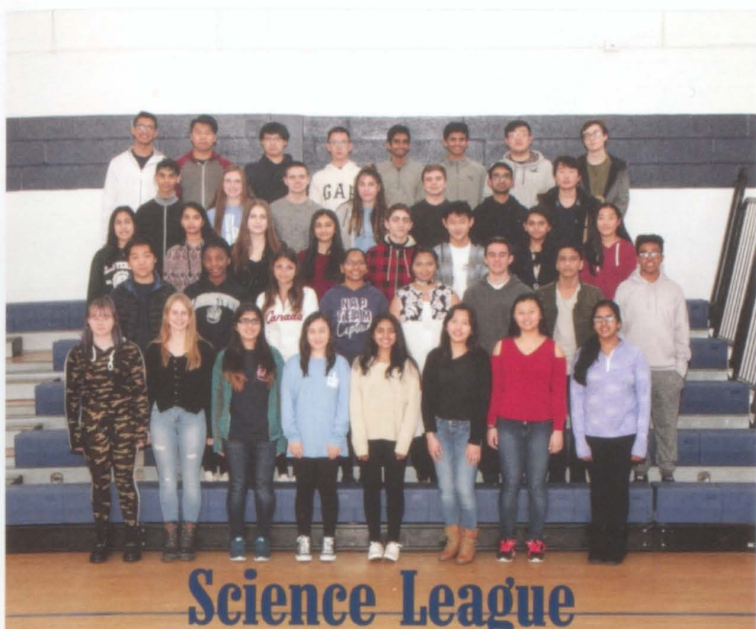


**Red Cross**  
Established 2008



**Relay for Life**  
Established 2013





**Science League**  
Established 1999



**Senior Class**  
Established 1959



**Senior Prom**  
Established 1959



**Ski & Board**  
Established 1959





## **Sophomore Class**

Established 1959



## **Spanish**

Established 1977



## **Spanish Honor Society**

Established 1977



## **STEM**

Established 2016





## **Student Ambassadors**

Established 2008



## **Student Government**

Established 1959



## **UNICEF**

Established 2011

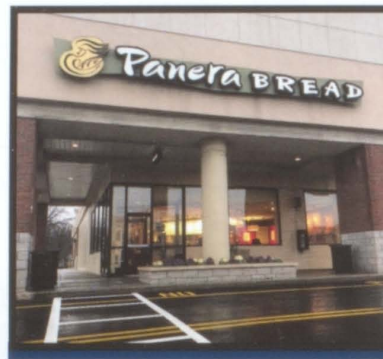


## **Video Game**

Established 2010



# ADVERTISMENTS



## Memorable Spots in Paramus



The Suburban  
Diner



Route 17  
1950



The Garden State  
Plaza







The most exciting privilege of being a senior at PHS is the ability to be able to leave campus for lunch. **Then**, we used to sit in the cafeteria wishing that we were upperclassmen. **Now**, we are upperclassmen and couldn't imagine not being able to leave during lunch. Luckily, PHS is in a perfect proximity of various restaurants to dine at during lunch. The graduating class of 2019 would like to thank these popular places such as La Bella Roma, Teds and Chipotle. We would also like to thank the stores, malls and many other restaurants that support and help fundraise for Paramus High School Clubs and Organizations.



"The Cloverleaf" of  
Route 17 & Route 4



The Bergen Mall

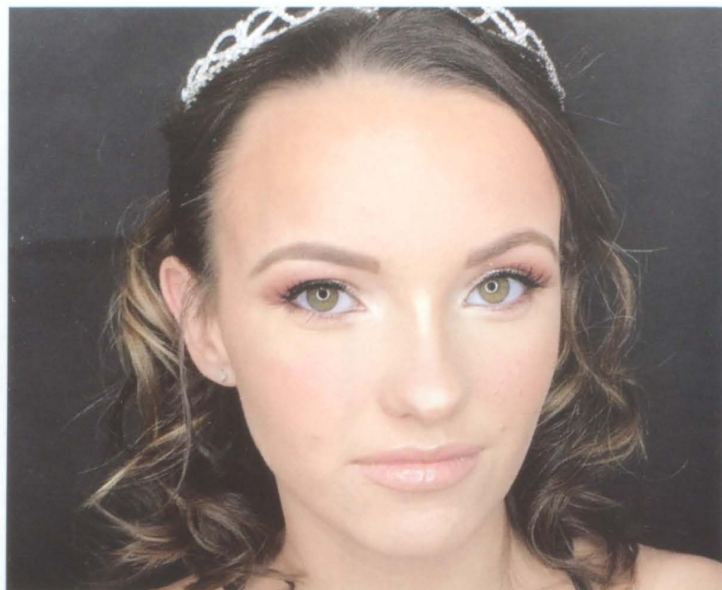


The Fireplace  
1956

A borough since March 2, 1922

# and Memories





## Kayleigh Autumn Breen

We are so very proud of you, Kayleigh! You have grown into a strong and beautiful person and I am so excited to see what comes next for you! We love you more than words can say!

Love Mom, Shelby, and Coby

## Daniel Patrick Holzmann

Congratulations Danny!

You have always shown incredible ambition and drive, and we could not be more proud of you.

Wishing you happiness and great success in all you do!

Always remember that no matter where you go, or what you do in this life, we will always be your biggest fans!

Love,

Mom and Dad

Juliette, Grace & Timmy





# Karina Nasretdinov

*Dear Karina!  
You did it!!! We just  
couldn't be happier for  
you! Congratulations on  
your Graduation and best  
wishes for your next  
adventure! You deserve to  
see your dreams come  
true!*

*P.S. Welcome to the real  
world :)*

With Love - Mom, Sabrina,  
Aunt Alla, Timur, and Artur



## TRISTEN JOSHI

From the day you were born we had no idea how much our life would change. You have brought us more joy than we could ever imagine. We have loved watching you grow into the amazing young man you have become and look forward to seeing you grow over the years to come. Having you for our son is like waking up every day being told you just won the lottery, but worth so much more.

All our love, Mom and Dad

## Sydney Mastropasqua

We've told you this every night and we believe it now more than ever, **YOU** will soar to the "Moon and Back!"

So Proud of you!

Congratulations  
Love Mom, Dad  
and Saige



## Kristina Damato

Tina Lou, It is incredible how far you have come!  
Keep climbing and keep smiling, we love you.  
Mom, Dad and Billy



# FORMAN HOLT

## ATTORNEYS AT LAW

### CONGRATULATES PARAMUS HIGH SCHOOL CLASS OF 2019

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- Has a solid expertise in bankruptcy-related litigation
- Has a reputation for money-saving efficiency
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Forman Holt has assisted hundreds of individuals and businesses facing financial distress. Our attorneys are available to answer any questions and concerns you may have about bankruptcy and all other alternatives available to address your financial difficulties, and whether a bankruptcy filing is the correct course of action.

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# Ashley E Quinones







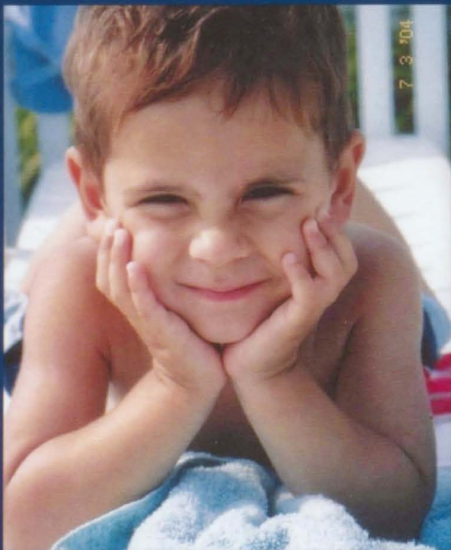
# Matthew Giannella

Congratulations Matt and  
the class of 2019

I can't wait to see what  
the future holds for you!

Love, Aunt Ruth

**Dear Cristian,**



Your passion and joy for life is a gift  
to everyone around you. We are so  
proud of all your hard work and  
accomplishments.

Whatever your future brings, we  
know that it will always be filled with  
success and happiness. We love you  
with all our hearts.

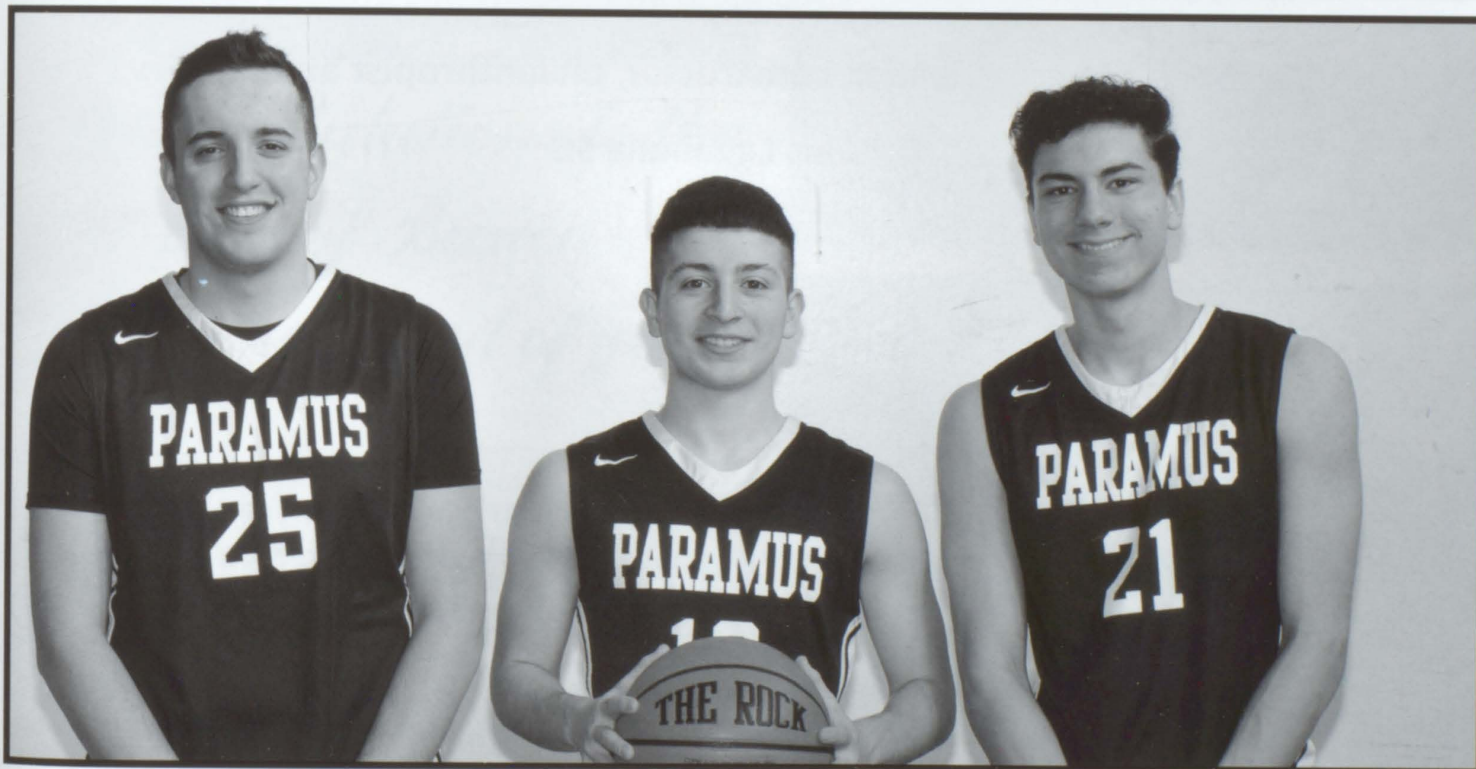
**Mom, Dad, Marina and Massimo**



Congratulations Paramus High School C/O 2019  
and welcome to all our incoming Red Hawks!

*red*  
**hawk**  
**ready.**

**Montclair State University**  
[montclair.edu/admissions](http://montclair.edu/admissions) **IT'S ALL HERE.**



**Congratulations to the Spartan Basketball Seniors!**

**Gino Mongelli, Aren Arslanyan, Christian Alonso**





LPM proudly supports Paramus High School and the outstanding graduates of the class of 2019.

The Laganella family has long supported Scholarships to Paramus residents through contributions made by Nicholas Laganella Sr. to the Paramus Rotary Club Foundation.

We wish you the best of success in your academic endeavors.

In memory of a great leader, constructor, philanthropist and father:

Nicholas Laganella Sr.

**CONGRATULATIONS**  
**CLASS OF 2019**





*Congratulations to the  
boys of Bunco -  
We're so proud of you!*

Bobby Colonna, Matthew Giannella,  
Steven Prado, Anthony Russo and  
Nicholas Tarabocchia



# Congratulations to our Graduating Seniors!

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato



PHS Music Parents  
Association





## Congratulations Class of 2019!

**Cameron's Camera Captures**

Please feel free to reach out to schedule any post graduation photography needs via email, Facebook or Instagram @

cameronscameracaptures@gmail.com, Cameron's Camera Captures on Facebook or cameron.camera.captures on Instagram

## Best of luck to the Class of 2019!

### CAMERON ANIMAL HOSPITAL

417 Bloomfield Ave.

Montclair, NJ 07042

(973) 744- 2052



## Congratulations

to the PHS

**Class**  
**OF**  
**2019**

**Woman's Club of Paramus**

**65 W. Ridgewood Ave Paramus, NJ 07652**

**(201)- 652- 9481**

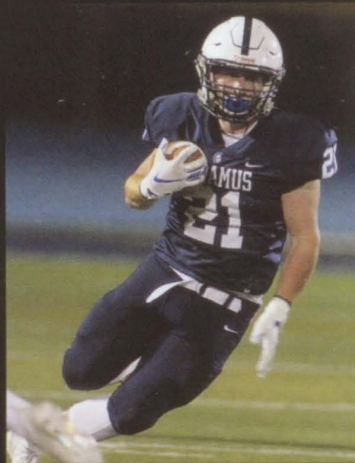
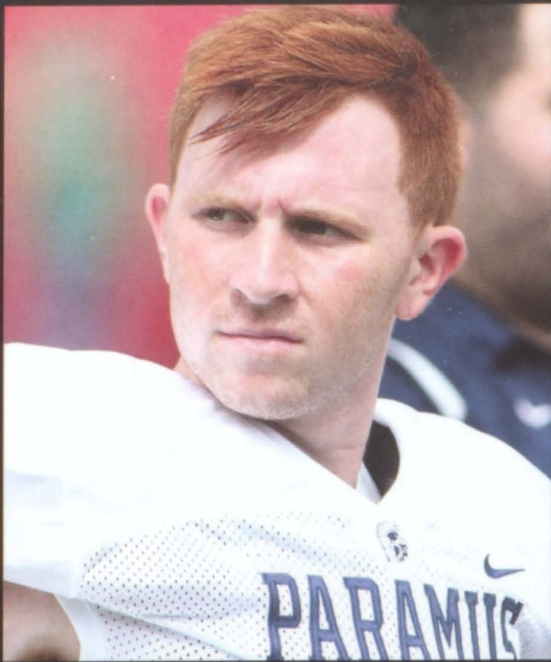
**The Woman's Club of Paramus Celebrating  
65 years ...**



**\*Newly renovated\***

Best of luck in all your future  
endeavors! May there be success  
at every turn of life, and all your  
dreams come true!





# NICK KAROUNOS

Congratulations "Karu!"  
We are so proud of you!!!

Love Mom, Dad, Ted & Alexa





*Nicole Birdsall*

YOU have brought so much JOY to all of us! We wish you a future as BRIGHT and BEAUTIFUL as YOU are. We LOVE you so much. Mom, Dad, Justin, Ryan & Brandon



## Noelle Michaela

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

Nathaniel Hawthorne



You may be ready to fly just beyond my grasp...but my hand remains outstretched for you to land on anytime.

CONGRATULATIONS  
my happy butterfly!

Love,  
Mom

All the best to the  
PHS Class of 2019!

CONGRATULATIONS TO THE CLASS OF 2019  
GOOD LUCK IN YOUR FUTURE ENDEAVORS  
FROM YOUR FRIENDS AT  
LA BELLA ROMA PIZZERIA  
35 N. Farview Ave  
201-843-8687



## To our amazing son, Anthony Alliegro

Thank you for taking us places we never even dreamed of...  
We are so excited to see where this ride takes us next!



## Jayden E. Colon

Before you were born we dreamt of the young man you'd become. You are better than our best dream, and we couldn't be prouder!



Always reach for the stars, because no matter what we'll always have your back!  
We love you tons.

Love,  
Dad, Mom and Justin

We cherish being your  
parents,  
and know you have  
an incredible future  
ahead!

Love you always,  
Mom and Dad





# BELFI'S

EST 1981

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- 208 PALISADE AVE. GARFIELD, NJ 07026
- 397 EAST 54 ST. ELMWOOD PARK, NJ 07407



*Talia Gerardi*

*We are so very proud of all your accomplishments. You have grown into a beautiful, smart, talented young woman. Can't wait to see all of the amazing things you have ahead of you!*

*Wish you all the best at Syracuse!*

*All of our love,  
Dad, Mom &  
Taya*



## Congratulations Girls We Love You!

Gracie, Kaitlyn, Lailly, Macie, Samantha, Shayla, and Talia



## Talia Gerardi

We are so incredibly proud of you! We know you will achieve all of your hopes and dreams. Wishing you lots of love and success in the next chapter of your life.

Love you,  
Nana & Pop  
xoxo



## Julianna Capone

Congrats Jules!  
We are proud of you  
and love you so  
much. \*~<3~\*  
Mom, Mike, Joe, "G"  
& P-pa, Aunt  
Lorraine, Uncle Pat,  
Patrick, Paul, Murphy  
and Chester.



## Justin Behnke

Congratulations on your graduation from Paramus High School!

We love you and wish you much success.

God's Blessings

Grandma and Grandpa

## Justin Behnke

Congratulations!!!  
We couldn't be prouder of you  
and all of your  
accomplishments. You continue  
to inspire us with your  
kindness, determination, charm  
and hard work. We wish you  
the best of luck in this new  
chapter in your life and can't  
wait to share in all your  
success.

We love you so much!!!  
Mom, Dad and Tyler



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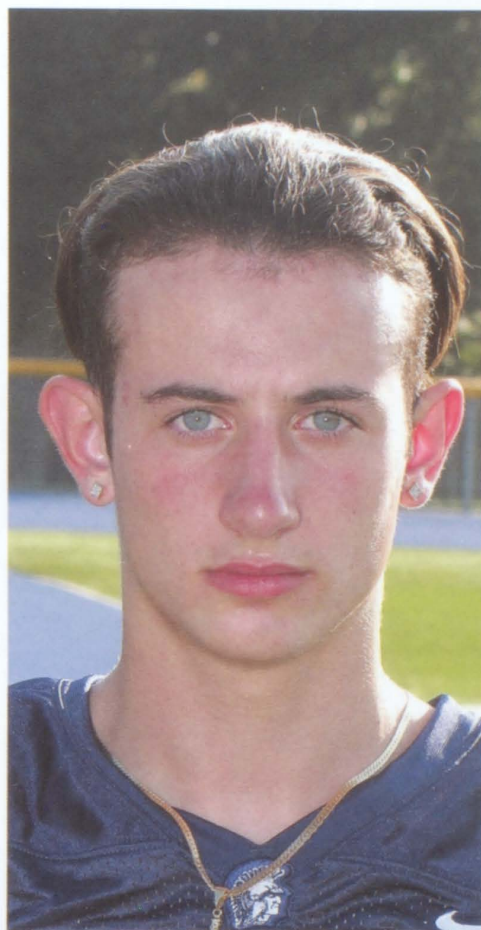
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## Sean A. Marrazzo

Congratulations on your Graduation! You make us so proud every day. We know you will be successful at whatever you do in the future.

Love Mom, John & Brandon



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LOVE MOM, DAD, LEA



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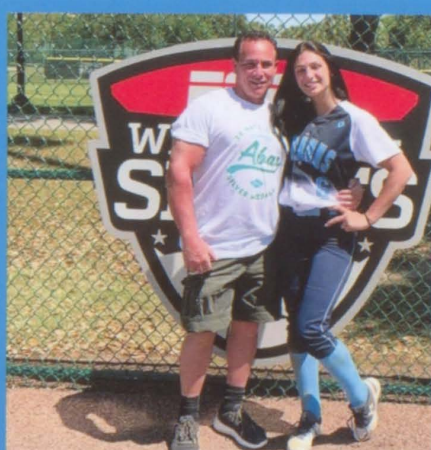
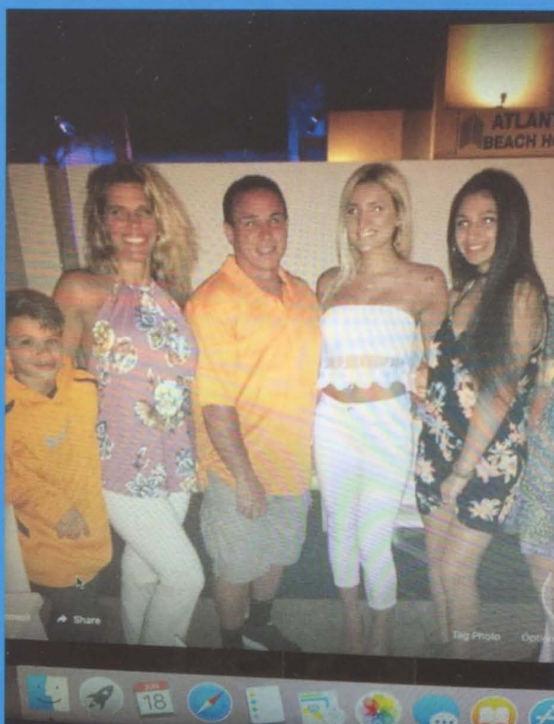
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# GIANNA CANTONE



Gianna Mom & Dad are so proud of your accomplishments & the young lady you have become. Hope all of your dreams come true and never give up.



Congratulations on Graduating PHS 2019. Time to turn the page to the next chapter. Off to College. Love Mom & Dad, Austin, Ashely, Logan, Grandma, Grandpa.





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## Brooke Burrows

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aunt yamile  
and  
danielle

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## Nicole Birdsall

*Congratulations to our Niece.*

*We are very proud of you!*

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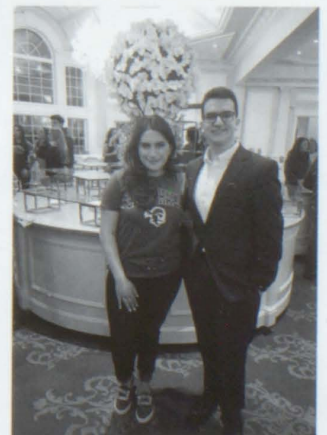


## Kaitlyn Akroush

We are so proud of you and all of your accomplishments. We wish you the best in your endeavors, and we know that you will always be a beautiful, distinguished, and successful young lady. Best of luck!

Love,

Dad, Mom, Michael, and Kristianna  
The Akroush Family







***Macie Stella***

***Congratulations to our  
little princess, we love  
you so much! Good  
luck in college!***

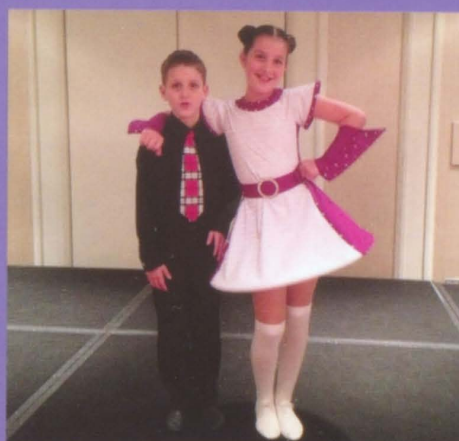
***Love,  
Mom, Dad, Donald  
Rachel, Alexis and  
Jake***





## Brooke Burrows

Congrats Boogie! Can't believe you're actually graduating. We wish you nothing but success and happiness in everything you do!



You'll always be our little dancing queen!

We love you Boo Boo!

Love,  
Mom, Dad, Hunter,  
Logan, and Finn

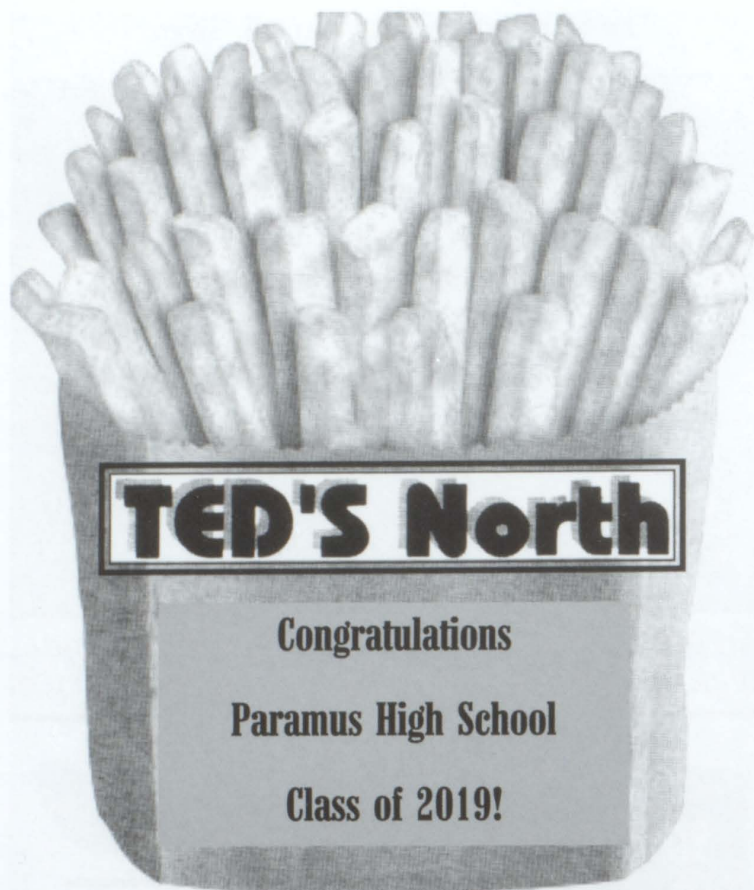


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**The Delphian Staff apologizes for any misspellings, inconsistencies, or errors published in the yearbook.**

**It is not easy to publish a 200 page book in only 8 months, and we appreciate your understanding in this manner.**

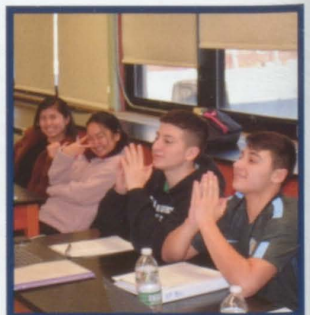
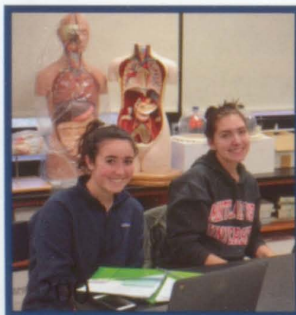
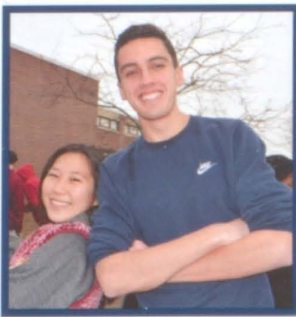
**Please note: each senior had the opportunity to proofread his/her senior picture and information. The faculty and staff provided their information. All athletic photos were provided by the school photographer and team rosters were provided by the head and assistant coaches of each individual team. Anyone who was absent from team photo day would not appear in the team photo, senior group photo, or individual headshot sections.**

**We thank you for your understanding and hope you enjoyed your journey through the Delphian!**

**Congratulations to the Class of 2019 and good luck in all your future endeavors.**

**Sincerely,  
 The 2019 Delphian Staff**







# WORLD YEARBOOK

2019



HERFF JONES  BY YOUR SIDE.



# NATIONAL NOTES

AMERICAN NEWS AND POLITICS



## CHANGE MANAGEMENT

**AS HE SHAKES HER HAND**, House Minority Leader Kevin McCarthy passes the gavel and control of the House of Representatives to Congresswoman Nancy Pelosi. Picking up 40 seats, Democrats won control of the House after the November election. Pelosi was elected Speaker of the House on Jan. 3, 2019. **INCOMING MEMBERS OF THE HOUSE** pose for a photo on the steps of the Capitol Building on Nov. 14, 2018. The midterms resulted in the most diverse Congress in U.S. history, including the election of 117 women, the two youngest women (age 29), the first two Native American women and the first two Muslim women. The new Congress was sworn in on Jan. 3, 2019, during the government shutdown.



**IN THE CAPITOL ROTUNDA**, visitors look on as President George H.W. Bush lies in state. Bush passed away on Nov.

30, 2018, less than eight months after his wife, former first lady Barbara Bush. A service was held at Washington National Cathedral with the eulogy given by 43rd President George W. Bush. **AT A PRESS CONFERENCE**, New York City Police Commissioner James O'Neill talks about the bomb threat at CNN's headquarters. A man was arrested in South Florida on Oct. 26, 2018, in conjunction with at least 13 explosive packages sent to critics of President Trump. The president condemned the attacks. **WITH A WAVE**, former President Barack Obama and former first lady Michelle Obama board special Air Mission 2800. The pair announced on May 21, 2018, they are founding Higher Ground Productions to create content for Netflix. **FORMER SUPREME JUSTICE ANTHONY KENNEDY** looks on at the swearing in of his replacement, Brett Kavanaugh. At 81 years old, Kennedy announced his retirement on June 27, 2018. A long confirmation hearing followed.

**AS NAVAL ACADEMY MEMBERS SALUTE**, a horse-drawn caisson carries Senator John McCain's casket to the U.S. Naval Academy Cemetery in Annapolis, Maryland. The 81-year-old war hero passed away on Aug. 25, 2018.

Though he was diagnosed with a brain tumor a year earlier, he showed up to work at the Capitol Building as long as his health allowed.



1

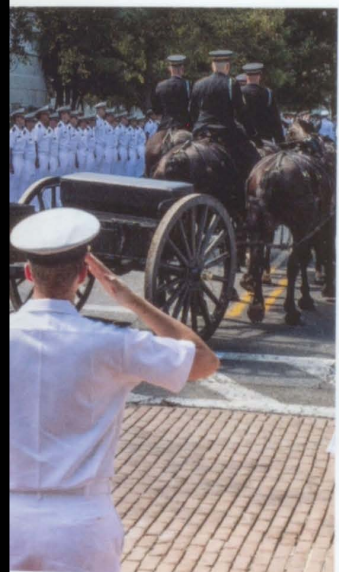


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3





## STIFLING SHUTDOWN

Rivals				Departures				Dep			
Flight	Carrier	Arrival	Class	Flight	Carrier	Arrival	Class	Flight	Carrier	Arrival	Class
AA 101	AA	10:00am	Y	AA 101	AA	10:00am	Y	AA 101	AA	10:00am	Y
AA 102	AA	10:00am	Y	AA 102	AA	10:00am	Y	AA 102	AA	10:00am	Y
AA 103	AA	10:00am	Y	AA 103	AA	10:00am	Y	AA 103	AA	10:00am	Y
AA 104	AA	10:00am	Y	AA 104	AA	10:00am	Y	AA 104	AA	10:00am	Y
AA 105	AA	10:00am	Y	AA 105	AA	10:00am	Y	AA 105	AA	10:00am	Y
AA 106	AA	10:00am	Y	AA 106	AA	10:00am	Y	AA 106	AA	10:00am	Y
AA 107	AA	10:00am	Y	AA 107	AA	10:00am	Y	AA 107	AA	10:00am	Y
AA 108	AA	10:00am	Y	AA 108	AA	10:00am	Y	AA 108	AA	10:00am	Y
AA 109	AA	10:00am	Y	AA 109	AA	10:00am	Y	AA 109	AA	10:00am	Y
AA 110	AA	10:00am	Y	AA 110	AA	10:00am	Y	AA 110	AA	10:00am	Y



ON DEC. 22, 2018, a partial shutdown of the government began when the U.S. Congress and President could not agree on decisions needed to pass the 2019 budget. At the center of controversy was border wall funding. In the following 35 days, around 800,000 federal employees worked without pay or were put on leave. This led to massive airport delays and grounded planes as air traffic controllers and TSA were in short supply. **FOOD BANKS** opened across the country for federal employees going without paychecks. The government reopened on Jan. 25, 2019.



### MARIA MAYHEM

AS A WORKER LOOKS ON, members of Puerto Rico's Electric Power Authority repair electric lines on May 17, 2018 — eight months after Hurricane Maria hit. On May 29, 2018, it was announced the death toll from the hurricane was 70 times higher than the reported number.

## JOURNALISTS MAKE HEADLINES

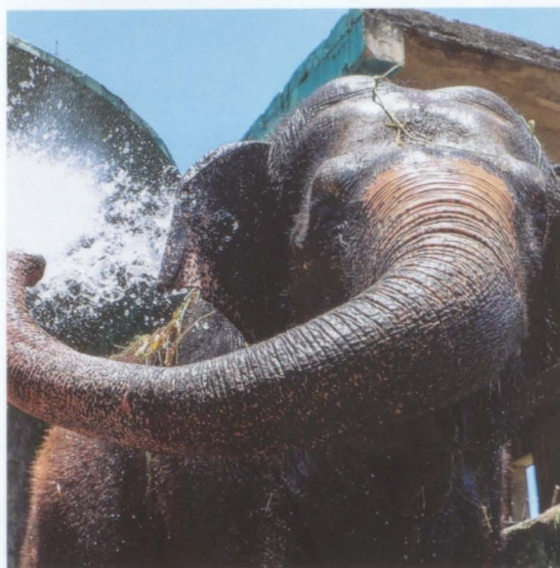
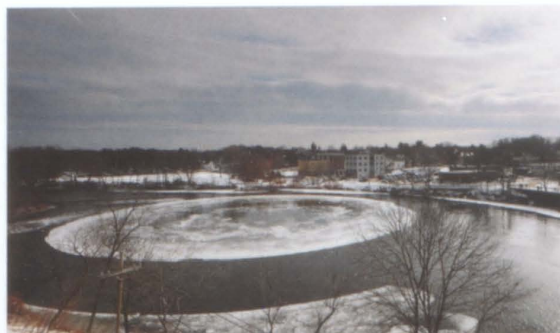
**TIME MAGAZINE** announced Dec. 11, 2018, the Person of the Year as "The Guardians," journalists who have been targeted for their work. The four covers include (1) Jamal Khashoggi — the Washington Post contributor who was killed on the job in Istanbul, (2) the wives of Wa Lone and Kyaw Soe Oo — Reuters journalists who were arrested on the job in Myanmar, (3) journalists from the Capital Gazette in Annapolis, Maryland, where a gunman opened fire earlier in the year, and (4) Maria Ressa — chief executive of Rappler, a Philippine newspaper, who has been accused of tax evasion to keep her quiet.





## WORRY ABOUT WARMING

**AT A CLIMATE CHANGE PRESS CONFERENCE,** Secretary-General of the World Meteorological Organization Petteri Taalas said the planet will warm 2.7 degrees by 2040, causing geological, environmental and economic crises.

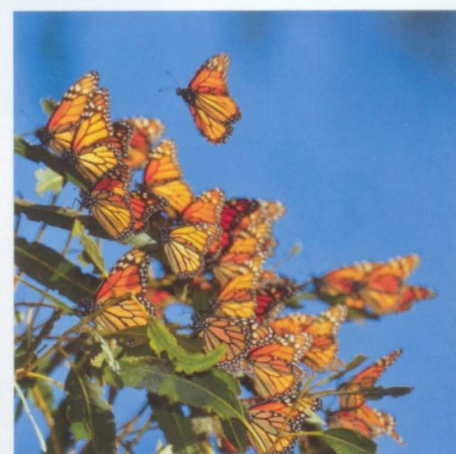


## HURRICANES HIT HOME



**MEXICO BEACH, FLORIDA IS RUBBLE** after category four Hurricane Michael tore through the Panhandle. One of the strongest storms to hit the continental U.S., Michael was originally forecast as a tropical storm. After quickly increasing in power, the storm forced fast evacuations. **SEARCH AND RESCUE TEAM MEMBERS** float down a street in Spring Lake, North Carolina. Hurricane Florence made landfall near Wilmington on Sept. 12, 2018. The storm battered the Carolinas, dumping rain across both states before traveling inland.

**A 3,200-FOOT-WIDE CIRCLE OF ICE** spins on the Presumpscot river in Westbrook, Maine. The mysterious disk formed in January and attracted tourists, including a man from New Jersey who tried to cut it with a chain saw. **KOALA THE ELEPHANT** cools off at the Zoo Garden in Rio de Janeiro, Brazil. The animals receive daily showers to fight off seasonal high temperatures around 104 degrees. 2018 was marked the fourth warmest year on record. **IN A EUCALYPTUS TREE**, a winter colony of Monarch butterflies gathers in Harsh Beach State Park, California. Harsh weather and severe droughts have depleted the milkweed plants the Monarchs rely on for breeding and migration. In a year's time, the population of Monarchs in California dropped by 86 percent from 2017.



## ERUPTION DESTRUCTION

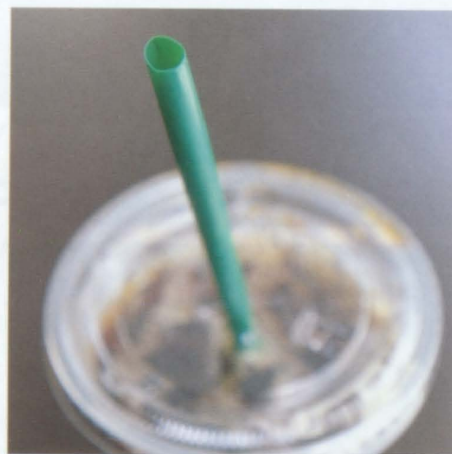
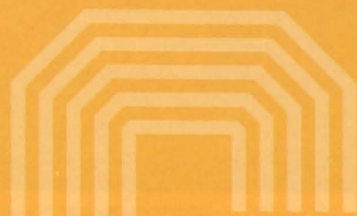
**HAWAII'S KILAUEA VOLCANO** began erupting in May and continued for months, forcing evacuations to temporary housing and destroying at least 700 homes. The eruption was declared over in December.





# CLIMATE AND CATASTROPHE

SCIENCE AND WEATHER



## GOING STRAWLESS

**SUMMER OF 2018** saw major companies announcing commitments to sustainability. As Starbucks vowed to phase out the iconic green straws in favor of a recyclable strawless-lid, McDonald's and Coca-Cola announced similar plans to reduce waste in the coming years.

## FIGHTING FIRES



**WITH A FIRE HOSE READY,** a firefighter continues working near Clearlake Oaks, California. On Aug. 7, 2018, the Mendocino Complex Fire, which burned nearly 459,000 acres northwest of Sacramento, became the largest recorded California fire.

**U.S. FOREST SERVICE FIREFIGHTERS** head up a hill in Paradise, California. On Nov. 25, 2018, firefighters contained the Camp Fire after it destroyed more than 18,000 structures. The deadliest fire in California history, it destroyed 90 percent of homes in Paradise and forced thousands to evacuate.



# WHAT IN THE WORLD

GLOBAL TOPICS AND CONCERNS



## CHANGING OF THE GUARD

**ANNEGRET KRAMP-KARRENBauer** **ACCEPTS** her new position as leader of Germany's Christian Democratic party as Angela Merkel stands by. Merkel announced Oct. 29, 2018, she would not run for Chancellor again, positioning Kramp-Karrenbauer to take power in 2021.

**ON A TOUR TO THANK SUPPORTERS,** Mexico's President Andrés Manuel López Obrador speaks in Ixtepec, Oaxaca on Sept. 19, 2018. President Obrador was elected July 1.

**IN THE PRESENCE OF KING FELIPE VI,** Pedro Sánchez is sworn in as Prime Minister of Spain on June 2, 2018. Former Prime Minister Mariano Rajoy was forced out of office following a financial scandal.



**RELIEF SETS IN** as Greek foreign minister Nikos Kotzias and his Macedonian counterpart Nikola Dimitrov end the long-time dispute over Macedonia's name. Greek Prime Minister Alexis Tsipras and Macedonian Prime Minister Zoran Zaev attended the signing to change the name to North Macedonia in Prespes, Greece, on June 17, 2018.

**POPE FRANCIS GREETES** Grand Imam of al-Azhar, Ahmed el-Tayeb, at his meeting with members of the Muslim Council of Elders in Abu Dhabi, United Arab Emirates. His arrival on Feb. 3, 2019, marked the first papal visit to the Arabian Peninsula. The trip was an effort to promote interfaith dialogue.

**WITH A THUMBS UP,** Juan Guaidó greets the crowd at a rally in Caracas, Venezuela. Protests began on Jan. 10, 2019, when President Nicolás Maduro took the oath for his second term. He was considered illegitimate by many, as his opponents were not allowed to run. On Jan. 23, Guaidó, the newly elected opposition leader, declared himself interim president. **'YELLOW VEST' PROTESTORS** react to tear gas in Nantes, France. President Emmanuel Macron announced a green tax on fuel to go into effect on Jan. 1, 2019, as part of his environmental policy. Rural citizens who commute long distances began protests, which spread to cities as those upset with the low minimum wage and lacking social welfare programs joined in. The government dropped the tax to appease protesters.





## MISSION POSSIBLE

**ON JUNE 23, 2018,** 12 Thai soccer players and their 25-year-old coach did not return home after practice in the Mae Sai district. The boys were exploring the Tham Luang cave system when flash floods began. A search began involving Thai Navy Seals and military from around the world, as well as professional cave divers. After divers found the boys, they spent five days delivering oxygen and supplies, then with a system of 100 divers, the first four boys made it to safety on July 8. Two missions later, divers finished the rescue of all 13 people on July 10.



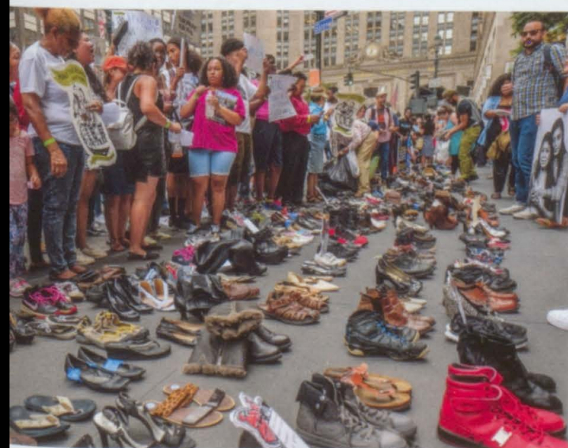
## ROYAL FAMILY EXPANDS

**PRINCE HARRY LEADS** his American bride, Meghan Markle down the steps of St. George's Chapel. The couple married on May 19, 2018, making them the Duke and Duchess of Sussex. On October 15, 2018, the couple announced they were expecting a child. **THE DUKE AND DUCHESS** of Cambridge take their Christmas card photo with their children Charlotte, George and Louis. The family grew by one more adorable member April 23, 2018.



### NEW YORK CITY PROTESTORS

line up thousands of shoes to symbolize immigrants sent to detention centers. In May 2018, the Trump administration announced a "zero tolerance" policy for undocumented border crossings, leading to a spike in imprisonment and family separation. The United Nations announced this policy violated international human rights law on June 5.



## BRITISH BREAK-UP

**OUTSIDE WESTMINSTER PALACE,** an anti-Brexit protestor waves the European Union flag. On Nov. 25, 2018, the EU approved Prime Minister Theresa May's plan to withdraw, which left the country in turmoil over next steps. No-confidence votes in December and January, as well as multiple parliamentary defeats in December, led to the largest Parliamentary defeat in the U.K.'s democratic history — 432 votes to 202 on May's Brexit plan.





## PUTTING ON A GOOD FACE

**MARK ZUCKERBERG PREPARES** for his hearing at European Union headquarters in Brussels, Belgium. The Facebook chief executive faced questions from the EU during his apology tour where he explained how the company would respond after a security scandal which allowed a British consulting firm to obtain the information of millions of Facebook users.

## ANYTHING BUT HAPPY

**DESPITE OVERTAKING MICROSOFT** to become the world's most valuable public company, Amazon pulled out of plans to build a headquarters in Queens, New York City. Reacting to increasing backlash from lawmakers, activists and union leaders, the decision was announced on Feb. 14, 2019. Plans to build a headquarters in Arlington, Virginia, continue.



## THE FINAL FRONTIER

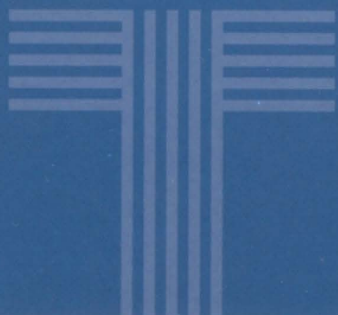
**AT BLAST OFF**, the Parker Solar Probe heads to space. NASA launched the spacecraft on Aug. 12, 2018. On Jan. 29, 2019, it completed the first of 24 planned trips around the sun. **THE UNITED LAUNCH ALLIANCE** catches a long-exposure view of the Parker Solar Probe taking off over Cape Canaveral Air Force Station in Florida. On Nov. 5, 2018, it moved within 15 million miles of the sun, the closest flyby ever.





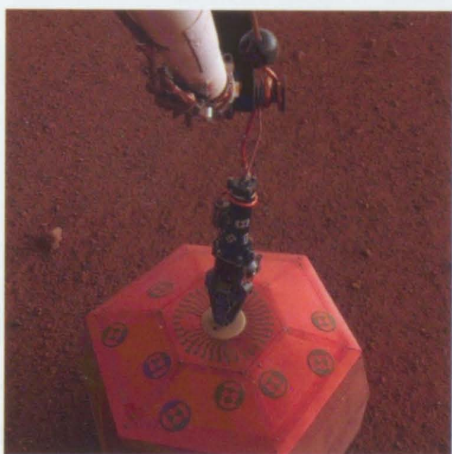
# TALKING TECHNOLOGY

INNOVATION AND ADVANCES



## RUNNING THE FLOOR

**ON THE FLOOR OF THE NEW YORK STOCK EXCHANGE,** Stacey Cunningham takes in her new role. Cunningham became the first female president of the 226-year-old NYSE on May 22, 2018. When she interned in 1994, she was one of two dozen women among thousands of men working there.



**ON JULY 26, 2018,** astronomers working in Chile announced they observed gravitational redshift — a star quickly approaching the black hole at the center of the Milky Way. Using The Very Large Telescope (yes, that's really its name), these astronomers proved predictions made by Albert Einstein and opened the way for future black hole physics. **NASA'S INSIGHT ROVER** is placed on Mars. In a big year for Mars and a tale of three rovers, the Curiosity rover found organic matter, including methane, on June 7, 2018, while InSight landed on Nov. 26, following a 7-month journey. And, 14 years after landing on the red planet, NASA announced the end of the Opportunity rover on Feb. 13, 2019.



## UP, UP AND A WHALE

**AIRBUS MADE THE FIRST FLIGHT** of their new Beluga XL plane on July 19, 2018. Painted to look like a beluga whale, the plane was crafted to carry large cargo. **ENGINEERS GATHER** on July 4, 2018, to celebrate the mass production of "Apolong," the self-driving bus created by Chinese company, Baidu.



# ON TOP OF THE WORLD



**AFTER A CONTENTIOUS MATCH** involving questionable calls from the chair umpire and point and game deductions, Serena Williams hugs Naomi Osaka at the U.S. Open. The 20-year-old was the first Japanese tennis player to ever win a grand slam.



**JUSTIFY LEADS THE FIELD** at Churchill Downs on May 5, 2018. Jockey Mike Smith raced Justify to victory at the 144th Kentucky Derby and on June 9, the pair won the Belmont Stakes to become the 13th Triple Crown winners.



**SHIELDED FROM THE WIND** by a pace car, Denise Mueller-Korenek breaks the paced bicycle land speed record. On a custom-made bike, 45-year-old Mueller-Korenek traveled at 183.932 mph on Sept. 16, 2018, in Bonneville Salt Flats, Utah.



**DEFYING GRAVITY**, wide receiver Justyn Ross reaches to make a one-handed catch in the National Championship game. Clemson University upset the University of Alabama in a 44-16 win on Jan. 7, 2019. The victory at Levi Stadium in Santa Clara, California, gave the Tigers its second championship in three years. **AMID A DOWNPOUR OF RAIN**, the French national team gathers to lift the World Cup trophy. The 4-2 victory over Croatia led Didier Deschamps to his first victory as a coach, though he also played for the French team that won the country's first World Cup in 1998. Deschamps is only the third player with this distinction. **THROUGH A CONFETTI-FILLED FIELD**, New England Patriots' middle linebacker, Kyle Van Noy celebrates his team's Super Bowl victory. The low-scoring game, held at the Mercedes-Benz Stadium in Atlanta on Feb. 3, 2019, led the Patriots to its sixth franchise win, tying with the Pittsburgh Steelers for most titles. **GOALTENDER BRADEN HOLTBY** makes a save in the fifth game of the Stanley Cup on June 7, 2018. The Washington Capitals defeated the first-year Las Vegas Golden Knights 3-2 in the fifth game of the series. This was the Capitals' first title.

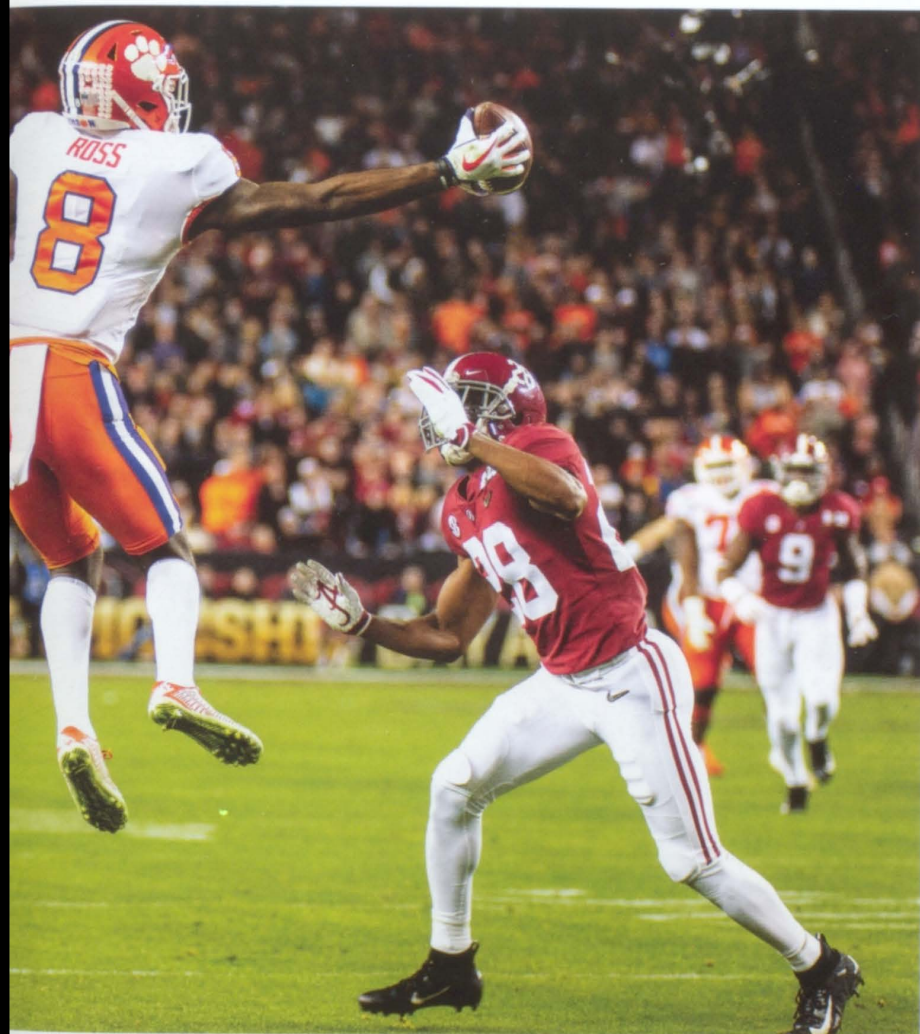




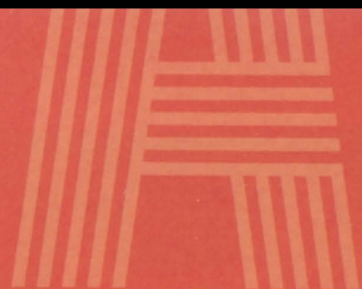


## KINGS OF THE COURT

**IN A PARADE THROUGH OAKLAND, California,** Steph Curry lifts the Larry O'Brien Championship trophy. Curry helped lead the Golden State Warriors to a third title in four years. The 4-0 sweep against the Cavaliers ended in Cleveland, Ohio on June 8, 2018. **LEBRON JAMES REACHES** around Warrior defenders in the championship game. In game three, James passed Michael Jordan's record for most 30-point games in NBA playoff history. He signed a 4-year deal and moved to the Lakers following the season.

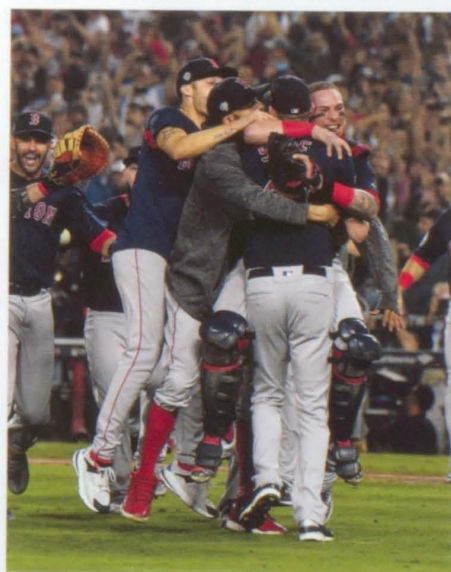
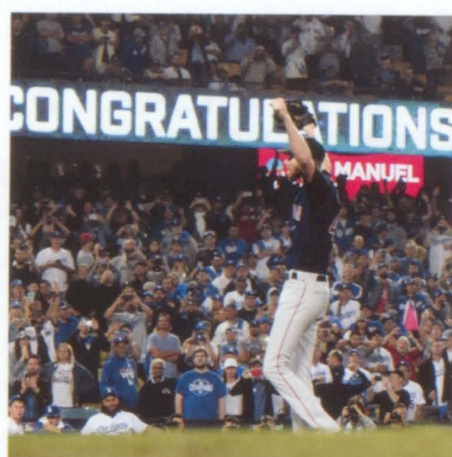


**TROPHY HELD HIGH,** American Brooks Koepka celebrates his U.S. Open victory at the Shinnecock Hills Golf Club in Southampton, New York. Koepka's victory on June 17, 2018, made him the first to win the Open twice in a row since Curtis Strange in 1989.



## ATHLETIC ACTION

PLAYMAKERS AND RECORD-BREAKERS



## CHAMPS, AGAIN FINALLY

**THE BOSTON RED SOX** won the World Series on Oct. 28 with a 5-1 victory over the Los Angeles Dodgers. With the ninth win in franchise history, the Red Sox shut down the Dodgers in the fifth game of the series. Their only loss was the 18-inning game three, which lasted more than seven hours, making it the longest World Series game in history.



# MUSIC MAKERS

BIG NAMES AND BIG HEARTS

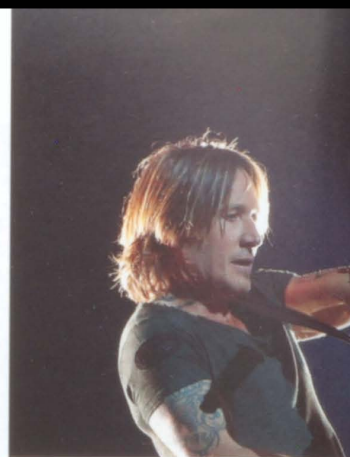
## YOU'LL STAY IN OUR HEARTS



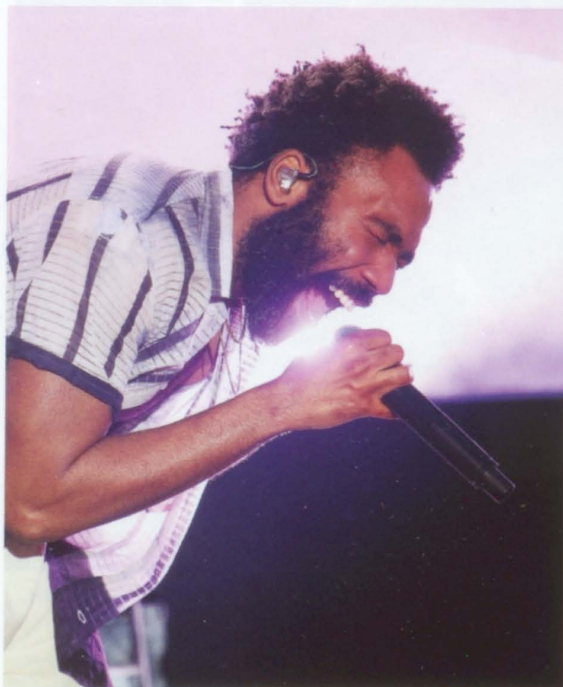
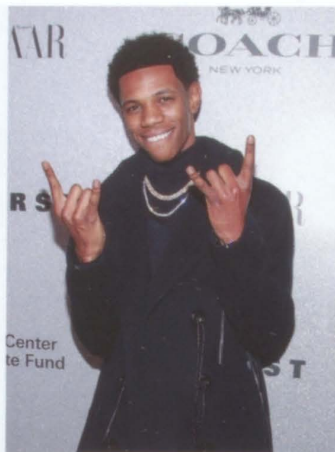
**THE QUEEN OF SOUL**, winner of 18 Grammy Awards and artist behind 20 No. 1 singles on the R&B chart, Aretha Franklin passed away on Aug. 16, 2018. More than 40 musicians and celebrities honored her life at a free concert in Detroit, Michigan, the day before her funeral. Pink Cadillacs lined the street outside Greater Grace Church as speakers and performers, including former President Clinton, gathered for her funeral.

## COUNTRY CROWNED

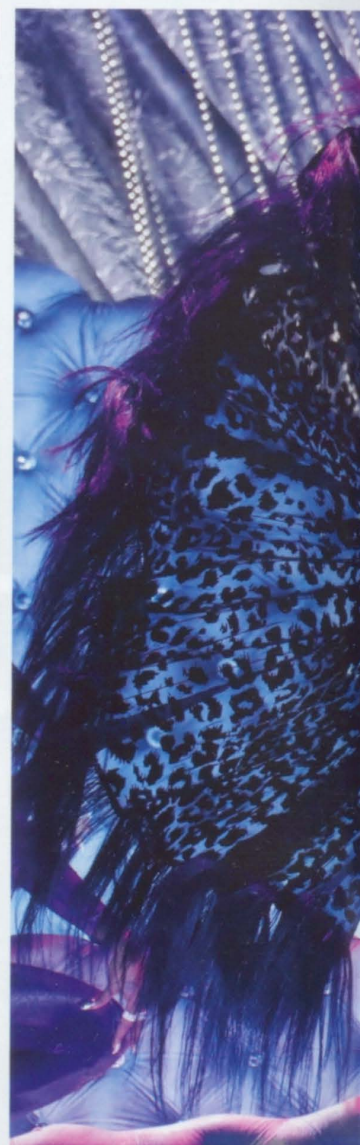
**CELEBRATING HIS TITLE** as performer of the year, Keith Urban takes the stage at the Country Music Awards on Nov. 14, 2018. Though he won the award for a second time, Urban was brought to tears when his name was called. **WITH HER AWARDS**, Kacey Musgraves poses after the Grammy Awards. Musgraves wowed the crowd with a performance of "Rainbow" and an appearance in a tribute to Motown, then brought home four awards, including album of the year for "Golden Hour."



**READY TO BOOGIE** at the Lincoln Center Corporate Fund Fashion Gala on Nov. 29, 2018, Boogie Wit Da Hoodie stops for a photo. His album, "Hoodie SZN," topped the U.S. album chart with a record low physical copies sold, highlighting the music industry's increasing streaming dependence.



**AS HE CELEBRATES A YEAR OF SUCCESS**, Childish Gambino belts a song at Lovebox Festival in London. Though he wasn't at the Grammys to accept the award, Gambino became the first artist to win record of the year and song of the year for a hip-hop song. He released "This is America" to wide acclaim while performing on "Saturday Night Live" on May 5, 2018. **IN FULL COSTUME**, Cardi B performs at the 61st Grammy Awards on Feb. 10, 2019. Her 2018 album, "Invasion of Privacy," set off a season of firsts for the star. Among her long list of awards, she became the first solo female artist to win the Grammy Award for best rap album.







**WITH A SMILE,** Drake accepts his Grammy for best rap song for "God's Plan." Released on June 29, 2018, Drake's double album, "Scorpion" boasted seven Billboard Hot 100 singles, surpassing The Beatles' record-holding five singles from one album.



## NOTABLE NUPTIALS

**ARRIVING IN STYLE,** Miley Cyrus and Liam Hemsworth pose at the 2018 Vanity Fair Oscar Party on March 4, 2018. After a decade of on-and-off-again dating, the pair tied the knot in a surprise ceremony in their living room in late December.

**READY TO CELEBRATE,** Priyanka Chopra and Nick Jonas take a moment during their wedding ceremonies. The pair invited friends and family to celebrate their Hindu and Western wedding ceremonies at the Taj Umaid Bhawan Palace in Jodhpur, India from Nov. 29 through Dec. 3.

## ALL ARIANA, ALL DAY

**MID HAIR FLIP,** Ariana Grande performs at Banc of California Stadium on June 2, 2018. Fresh off a breakup with Pete Davidson, Grande nearly broke the internet with her music video for "thank u, next." The star reenacted scenes from early-2000s rom coms including "Bring it On" and "Legally Blonde." Her album, of the same name, released on Feb. 8, 2019.



## TONY TUNES



**ON WEDNESDAYS,** we get Tony nominations. The cast of "Mean Girls" celebrates opening night on April 9, 2018. The show was nominated for 12 Tony awards on May 1, 2018.

**PLAYING THE UKULELE,** Ethan Slater, dressed as SpongeBob SquarePants, joins hosts Sara Bareilles and Josh Groban on stage at the Tony Awards on June 10, 2018, where "The SpongeBob Musical" was nominated for 12 Tonys and won for best scenic design of a musical.







## MONUMENTAL MAP

**SEEN FOR THE FIRST TIME IN 50 YEARS**, one of the most famous maps for children's literature sold for \$600,000 at an auction. The map of Hundred Acre Wood appeared at the beginning of A.A. Milne's "Winnie-the-Pooh." As Eeyore would say, "Thanks for noticin' me."



## EGOTS HONORED

**WITH THEIR EMMY AWARDS** for "Jesus Christ Superstar Live in Concert," Andrew Lloyd Webber, John Legend and Tim Rice are the newest EGOTS — people who have won an Emmy, Grammy, Oscar and Tony Award. **EMMY HELD CLOSE**, Rachel Brosnahan celebrates her award for lead actress in a comedy series. "The Marvelous Mrs. Maisel" took home four awards.



## GOLDEN MOMENTS

**WITH TROPHY HELD HIGH**, Sandra Oh makes history. The "Killing Eve" star was the first Asian host of the Golden Globes and brought home the award for best actress in a TV series. **QUEEN BANDMATES**, Roger Taylor and Brian May celebrate Rami Malek's best actor win for "Bohemian Rhapsody," which also won best picture — drama. Additionally, the film won the most Oscars with four.

**AT THE NETFLIX PREMIERE** for "To All the Boys I've Loved Before," America's newest sweethearts, Noah Centineo and Lana Condor stop for a photo. Based on the Jenny Han novel of the same name, the most watched movies on Netflix, with strong repeat viewing. The sequel was confirmed on Dec. 19, 2018.





## 2018 BEST-SELLING VIDEO GAMES ACCORDING TO USA TODAY

1. Marvel's Spider-Man
2. God of War
3. FIFA 19
4. Monster Hunter: World
5. Far Cry 5
6. Mario Kart 8 Deluxe
7. Super Mario Odyssey
8. Call of Duty: Black Ops 4
9. The Legend of Zelda: Breath of the Wild
10. Splatoon 2



## SCREEN TIME

ENTERTAINMENT AND AWARDS

## BOX OFFICE BUSTERS



"Mary Poppins Returns"



"Ant-Man and the Wasp"



"Spider-Man: Into the Spider-Verse"



"Aquaman"



"The Incredibles 2"



"Solo: A Star Wars Story"



**STARS OF "CRAZY RICH ASIANS"** arrive at the Screen Actors Guild Awards on Jan. 27, 2019. Michelle Yeoh, Henry Golding and Gemma Chan were part of the all-Asian movie cast, the first in 25 years. The hit was nominated for two Golden Globe Awards. **PLAYING TO THE CROWD**, Mahershala Ali performs a scene in "Green Book." The film won the coveted Oscar for best picture as well as original screenplay. Ali took home best supporting actor for his role as Dr. Don Shirley. **AT THE PIANO**, Bradley Cooper sings to Lady Gaga in "A Star is Born." Gaga and Cooper reprised their roles as Ally and Jack for a performance of "Shallow" at the Oscars. Gaga's work on the film won her the Oscar for best original song.



## NOTABLE MOMENTS

WORLD-WIDE ODDS AND ENDS

## NO PLACE LIKE HOME



**DOROTHY'S RED SLIPPERS** were on display in the Judy Garland Museum in Grand Rapids, Minnesota, when they were stolen in 2005. Investigators have been on the search since. The F.B.I.'s art crime unit organized a sting operation to recover the slippers, and on Sept. 4, 2018, they were successful, though the culprit is still at large.



## HASHTAG TRENDING

**TWO THUMBS UP**, 11-year-old Mason Ramsey celebrates instant fame after a video of him yodeling in an Illinois Walmart went viral, landing him a deal with Atlantic Records and a spot at Coachella.

**ATOP A CALIFORNIA BUILDING**, a Nike ad featuring Colin Kaepernick reads, "Believe in something. Even if it means sacrificing everything." Nike's "Crazy Dreams" campaign gained more than \$43 million in media exposure in the first week.

**GAMERS PLUG INTO FORTNITE** at the 'Gameforce' fair. Fortnite, an online multi-player clash which celebrates Battle Royale wins with dancing, inspired the 'floss' craze.

## BISON GRAZE

in Canada's Banff National Park. On July 24, 2018, three bison babies were born in the Alberta park — the first since bison were reintroduced there in 2017. **EMMY IN HAND**, Oscar the Grouch celebrates with his puppeteer Carol Spinney.

The voice of Oscar and Big Bird for the past 50 years retired at 84 years old on Oct. 27, 2018. His apprentice since 1996, Matt Vogel, will take over the role of Big Bird.

**A 'SMARTPHONE ZOMBIE'** walks in his own lane in Xi'an. The town in northern China introduced these special lanes to protect distracted pedestrians from being hit by cars.





